

Covid-19 vaccination and booster information

Some common myths



Myth: I don't need to be vaccinated because I have already had Covid.

Response: A recent study has found that people who had not received a vaccination against Covid-19 could get catch Covid again as soon as three months later. Remember, you can also carry and spread the virus to others without knowing, even if you are feeling great and not showing any symptoms.



Myth: It's more natural to become immune by catching Covid-19

Response: We don't know how long or how strong the immunity is from catching Covid-19. What we know, is that you can catch Covid-19 again and again, if you choose not to have your vaccine. You risk being seriously ill, off work and potentially in a hospital if you wait to catch Covid-19. By getting vaccinated, you get immunity in a controlled way and most importantly, you pick the time.



Myth: I've already had both doses of the vaccine, I don't need a booster.

Response: A booster dose of the Covid-19 vaccine helps improve the protection you have from your first two doses of the vaccine. It helps give you longer-term protection against getting seriously ill from Covid-19.



Myth: I've heard you can get nasty side effects from the booster, and I don't want to be unwell for the festive period

Response: The simple answer is that it's much better to be vaccinated now and minimise the risk of becoming seriously ill. Some mild side effects are common, and you could feel unwell for a short time. Common side effects can include headache, fever and some numb pain in the arm but are usually mild, and not everyone gets them.



Myth: There's no point getting vaccinated if there's still a chance that a vaccinated person can get Covid-19.

Response: Getting vaccinated can help prevent getting sick with Covid-19. While many people with Covid-19 have only a mild illness, others may get a severe illness, or they may even die. There is no way of knowing ahead of time how Covid-19 will affect you, even if you are not at increased risk of severe complications.



Covid-19 vaccinations help protect you by training your body how to spot and fight Covid-19 without actually catching it and being ill.

For more information about the Covid-19 vaccine, including how to book and details of local walk-in centres, visit www.sneevaccine.org.uk