



Mae Brechu yn achub bywydau
Vaccination saves lives



DIOGELU CYMRU
KEEP WALES SAFE



Coronavirus (COVID-19)

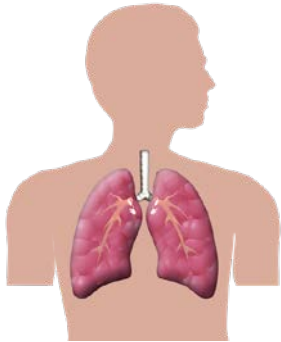
Getting a vaccine



Contents:

What is COVID-19	1
What is a vaccine	1
Keeping people safe	3
How do I get a vaccine	3
Who gets the vaccine first	4

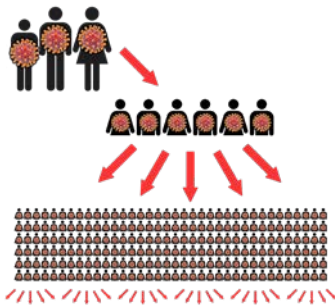
What is COVID-19?



COVID-19 is a new illness. Lots of people call it coronavirus.

It can affect your lungs and your breathing.

All of our lives have changed because of coronavirus.



The situation in Wales is very serious now. Many people have coronavirus. And now there is a new type that's easier to catch and pass on.

We need to all stay at home again to stay safe, save lives and to protect the NHS.



But there is hope.

There are now new vaccines that we can use.

What is a vaccine?



A vaccine helps to stop people from getting sick from diseases like coronavirus.

If enough people have the vaccine, we can start to get coronavirus under control. And then we might be able to get back to normal life.



But it will take time to protect everyone.

The people who are most likely to get very poorly from coronavirus will get the vaccine first.



This includes:

- people living in care homes
- people over 80 years old
- health and care workers who treat people who have coronavirus.

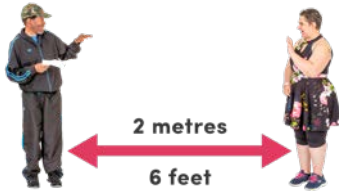


Until most people have had the vaccine, we all need to keep following the rules (<https://gov.wales/alert-level-4>) and keep ourselves and others safe.



Keeping people safe

- meet as few people as possible
- wash your hands often
- wear a face covering
- stay 2 metres (or 3 steps) away from others.



How do I get a vaccine?

When it's your turn, you will be invited to have the vaccine by phone or letter from the NHS.



This is the NHS calling to make a Covid-19 vaccine appointment

You can choose if you have the vaccine or not.

You will receive information to help you make up your mind.



If you want the vaccine, you will be told where to go to get it.

It will be with your doctor or a centre near to your home that offer the vaccine.



You will get two doses. You will need to go back for your second dose within 3 months. Your doctor or hospital will contact you when it is time for your second dose.



You will have some protection after the first vaccine. When you have your vaccine, you will get a card. It will remind you of the second dose and will also tell you how to report if you think the vaccine makes you ill.

The vaccine is free. Never give anyone money for the vaccine.

Your doctor and hospital are very busy right now. They will contact you when it's your turn to have the vaccine.



This is the NHS calling to make a Covid-19 vaccine appointment

You can get more information here: <https://phw.nhs.wales/topics/immunisation-and-vaccines/covid-19-vaccination-information/about-the-vaccine>

Who will get the vaccine first?

The people who are most likely to get very poorly from coronavirus will get the vaccine first. This has been agreed by experts.



1. First, we will give the vaccine to people living in care homes and their carers
2. All those over 80 and health and social care workers who treat those sick with coronavirus



3. All those over 75
4. All those over 70 and people who are very likely to be very poorly (people who are Shielding) if they catch coronavirus)
5. All those over 65
6. Everyone aged 16 years to 64 years who already have certain health problems*
7. All those over 60
8. All those over 55
9. All those over 50

We think that this will stop around 99% of coronavirus.

***Health problems:**

- * Long-term lung disease
- * Chronic heart disease (and vascular disease)
- * Chronic kidney disease
- * Chronic liver disease
- * Chronic neurological disease including epilepsy
- * Down's syndrome
- * Severe and profound learning disability
- * Diabetes
- * Solid organ, bone marrow and stem cell transplant recipients
- * People with specific cancers
- * Immunosuppression due to disease or treatment
- * Asplenia and splenic dysfunction
- * Morbid obesity
- * Severe mental illness

We are waiting for more advice from the experts to help us plan when everyone else will have the vaccines.

But we need to focus on the people who are most likely to get very poorly from coronavirus first.