

## WELCOME TO OUR NEWSLETTER

This newsletter is brought to you by **MRS Independent Living**, a charity providing practical help so that people who need support can live safely and independently in their homes and communities. You're receiving this newsletter as you are currently using, have used or will be using one of our services.

### COVID-19 ISSUE

Vaccines are one of the best ways of taking action to look after your health. This edition of our newsletter will focus solely on issues around the Covid 19 vaccine as the vaccine supports the ethos of maintaining the safety of those we work with. We aim to provide up to date information from Public Health teams for those living in the London boroughs of City and Hackney, and start by answering some of your questions relating to the vaccine.



**In City and Hackney the Pfizer, Oxford and Moderna COVID-19 vaccines are being used. They all require 2 doses for maximum effect.**

- **Can you catch COVID-19 after being vaccinated?**

Yes, but the effects would be much less severe and there is less risk of dying than if you did not have the vaccine. Despite a high level of protection, there's still a chance you'll catch the virus. You should continue to follow guidelines on social distancing, mask wearing and hand washing.

- **Can I hug my family after receiving the vaccine?**

No, even after vaccination you should continue to follow Government guidelines around distancing and hygiene. It is still unclear whether you can spread the virus to others even when vaccinated.

- **Can I expect side effects from the vaccine?**

Some people have reported temporary effects such as a sore arm, swelling and fatigue. Millions have now been vaccinated and reports of serious side effects have been very rare. No long-term complications have been reported. Experiencing side effects means your immune response is kicking in and can be seen as positive.

- **Can I have the vaccine if I have allergies?**

If you carry an EpiPen you should discuss the options with your GP.

- **Do the vaccines contain animal-derived ingredients?**

No, neither of the approved vaccines contain any animal derived products. They are however, tested on animals which is a legal requirement in the UK.

- **Should I get the vaccine if I have already had coronavirus?**

Yes, immunity from the vaccine is expected to be longer lasting than natural immunity. You should wait 4 weeks after your symptoms finished (or 4 weeks after a positive test result if no symptoms) before you get the vaccine.

- **Should I have the vaccine if I have a cold/flu?**

No, you should postpone having the vaccine until you have recovered.

- **Will the vaccine cover any variants in the coronavirus?**

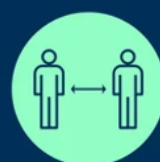
It is expected that the vaccine will continue to be effective for variants in the virus this year. What we don't know yet is how long the vaccine may last.



**HANDS**



**FACE**



**SPACE**

**If you are over 70 and have not yet been vaccinated  
please speak to your GP or book your appointment via  
<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>**

If you have received a letter and are struggling to book your appointment, need support with getting to the vaccine site, or want more information:

- **Contact your GP.**
- **Contact Laura Sharpe, CEO of City and Hackney GP Confederation**, who is happy to be contacted to talk through what support is available.  
**E-mail: [laura.sharpe1@nhs.net](mailto:laura.sharpe1@nhs.net).**

Family, friends and carers are all allowed to come to the site to accompany someone, and staff at the site can be alerted if you need support once there.

**The aim of the COVID-19 vaccination programme is to protect those who are at most risk from serious illness or death from COVID-19.**

**Dr Sandra Husbands, Director of Public Health for City and Hackney:**

"Normally you have to wait to get decisions made and get funding approved, all those decisions were all done upfront because we knew that we needed the vaccine".

<https://www.youtube.com/watch?v=jQ5XORD4ob4&feature=youtu.be>

**The Archbishop of York, Stephen Cottrell:**

"One of the things we can all do is to take the vaccine as soon as we're offered it. This is one of the best and fastest routes out of this terrible pandemic."

**Head Imam, Shaykh Abdul Qayum:**

"I have listened carefully to the advice of Muslim medical experts. Let us take the vaccine when it is offered to us, and pray that insha'Allah it brings us the benefit we seek".


**Right Reverend Richard Moth:**

"Catholics may in good conscience receive any of these vaccines for the good of others and themselves".

**Chief Rabbi Ephraim Mirvis:**

"When a vaccine will be offered to you, you have a religious imperative to take it, to look after yourself and to look after those around you".

**MYTH:** COVID vaccine causes irreversible side effects




**TRUTH:** No patient has so far suffered from irreversible side effects - in trials or in the population.

This myth was spread by misreading a presentation which actually said 3000 of those vaccinated suffered with **temporary** and **reversible** side effects.

All medicines have the potential to cause side effects, but this needs to be weighed up against the harm of the disease they are trying to prevent.

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Dougie, from the Hackney Dudes Men's Project: "I'm going to have the vaccine because it would mean that I would be safe and get my life back".

Messages about coronavirus and the vaccine in some of the most common community languages in London can be viewed here:

<https://www.eastlondonhcp.nhs.uk/ourplans/covid-explained-in-your-language.htm>

- If you have any medical concerns about the Covid-19 vaccination please contact your Gp or known health professional.
- If you have any concerns about the process of getting the vaccination please contact Hackney Council. Tel: 020 8356 3000.  
<https://hackney.gov.uk/coronavirus-vaccine>

# Your stories



Hilda was infected with Covid-19 in Spring 2020. She had her first vaccine in London Fields in February and it went well. She had no worries about receiving the jab as she was well informed about the possible side effects and was taken care of by the vaccinator. Her minister has also checked in with her and he was pleased to hear that she has had it.

## Covid-19 Scams

- Vaccines are free and vaccinations are carried out at official sites, including some pharmacies and Gp surgeries. **Nobody should come to your door asking for money for vaccinations.** Some home vaccinations are being carried out.
- Be wary of letters, texts or social media messages relating to coronavirus that do not come from an official source, such as the UK Government or NHS. Pages on the UK Government's website will always end in 'gov.uk'.
- Go to <https://www.bbc.co.uk/news/uk-56018508> for details of vaccine scams in South Asian languages.
- If you've been a victim of a scam telephone Citizen's Advice on **0800 1448848**. For more information: **Tel: 020 8356 3000; <https://hackney.gov.uk/scams>.**

## Useful Websites

- <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/>
- <https://www.eastlondonmosque.org.uk/news/take-vaccine-jan2021>
- <https://www.churchofengland.org/news-and-media/news-and-statements/bishops-lead-churches-call-take-covid-vaccine>
- <https://www.cbcew.org.uk/bishops-issue-updated-statement-on-covid-19-and-vaccination/>
- <https://www.thejc.com/news/uk/chief-rabbi-it-is-a-religious-imperative-to-get-vaccinated-1.510488>

**This newsletter was brought to you by MRS Independent Living.**

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