

## Covid-19 Vaccination at Sapphire Clinic

### The Important Stuff

Vaccination results in a much lower chance of you getting sick and dying from COVID-19.

The clinic is providing the Astra Zeneca vaccine, this vaccine has been very thoroughly studied in many thousands of patients and the overall safety of the vaccine is well established. However, like most vaccines, mild side effects are not uncommon, and rare serious side effects can occur.

The vaccination takes several weeks to provide protection with maximum protection not being achieved till after the 2<sup>nd</sup> (booster) vaccination. The 2<sup>nd</sup> vaccination is given 12 weeks after the first. You should maintain good hygiene and protect yourself (as far as possible) from exposure to anyone with a respiratory infection before and after the vaccination.

### The How of getting vaccinated.

- The clinic will provide vaccination by appointment only. We will contact and book our patients so that we get through our patient list in a systematic way.
- The rollout will target those most at risk, starting with those over 70 or those who have a chronic health condition.
- If you are uncertain as to whether you should have the vaccination, please make an appointment to discuss your concerns as there will be limited time for detailed discussion on the day of vaccination.
- On the day we will answer any last-minute questions, run through the check list below, confirm your consent and administer your vaccination.
- After the vaccination you will be observed for 15 minutes then allowed to leave.
- On going home enjoy the feeling of having potentially saved your own life or the life of someone close to you.

### Safety Checks: Questions we ask prior to Vaccination

Do you have any serious allergies, particularly anaphylaxis, to anything, or have you been prescribed an EpiPen?

Yes No

Have you had an allergic reaction or other adverse reaction following a previous vaccination?

Yes No

Have you had COVID-19 or the COVID-19 vaccination before?

Yes No

Do you have a bleeding disorder?

Yes No

Do you take any medicine to thin your blood (an anticoagulant therapy)?

Yes No

Do you have a weakened immune system (immunocompromised)?

Yes No

Are you pregnant, planning to get pregnant or think you might be pregnant?

Yes No

Are you breastfeeding?

Yes No

Are you sick with a cough, sore throat, fever or in another way?

Yes No

Have received any other vaccination in the last 14 days?

Yes No

## Vaccination Side Effects

### What are the common side effects of the AstraZeneca vaccine?

- tenderness, pain, warmth or itching, where the injection was given
- generally feeling unwell
- tiredness
- headache
- chills or feeling feverish
- joint or muscle pain
- feeling sick (nausea)

### Less common side effects:

- fever
- swelling or redness at the injection site

Most side effects go away in a couple of days. If you experience pain at the injection site, fever, headaches or body aches after vaccination, you can take paracetamol or ibuprofen. These will reduce the above symptoms. If there is swelling at the injection site, you can use a cold compress.

### Anaphalaxis: A rare side effects of Covid vaccines:

This severe reaction typically produces, itching, generalised rash, collapse, wheeze and difficulty breathing. It is serious but readily treatable and the doctors at Sapphire Clinic are trained to manage this emergency.

### If you have a reaction after you have left the clinic, seek medical attention:

- if you experience severe symptoms, such as difficulty breathing, wheezing, a widespread rash, a fast heartbeat or collapsing - Call 000
- If you are worried about a potential side effect or have new or unexpected symptom but don't feel distressed contact the clinic (after 11pm contact health direct - 1800 022 222)
- For symptoms which are not urgent or you have an expected side effect which has not gone away after a few days contact the clinic for advice from our nurses or doctors.

The vaccine does not contain live virus so you cannot catch anything from the vaccine.

**Covid-19 vaccination is recommended by all the doctors at Sapphire Clinic.**