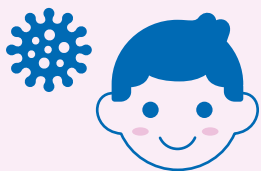Public Health England

Simple text

COVID-19 vaccination for children and young people aged 12 to 15 years

What is COVID-19 or coronavirus?

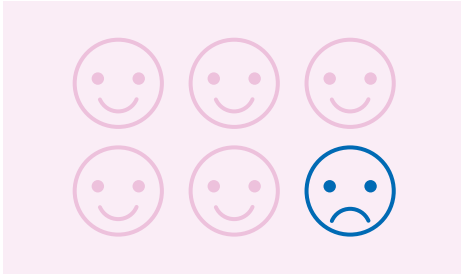COVID-19 is an illness sometimes called coronavirus.

Most children who get COVID-19 have no symptoms. Those that do, have mild symptoms like a bad cold.

A few children and young people will get very poorly and have to go to hospital.

Who should have the COVID-19 vaccines

The vaccine is most important for the small number of children and young people who are likely to get poorly with COVID-19.

They include those with:
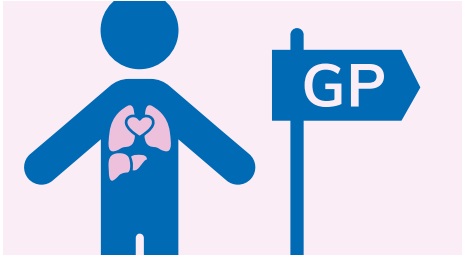
Severe neurodisabilities.

Immunosuppression – those whose immune systems don't work as well. Also those who live with someone who is immunosuppressed.

Learning disability register

Profound and multiple or severe learning disabilities.

Being on the learning disability register.

Those living with Down's syndrome.

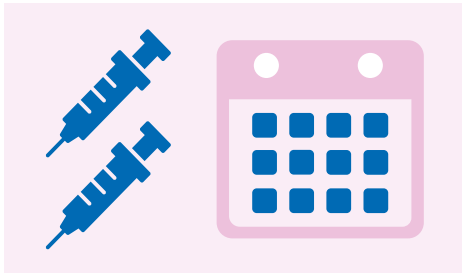Those living with long term serious conditions affecting your body.

Your GP will know if you need to have the vaccine.

Who should have the COVID-19 vaccines

All these children and young people who are aged 12 to 15 years of age, should have the COVID-19 vaccinations.

About the vaccine

You may need 2 injections of the vaccine usually 8 to 12 weeks apart.

The vaccine has been tested to make sure it is as safe as possible.

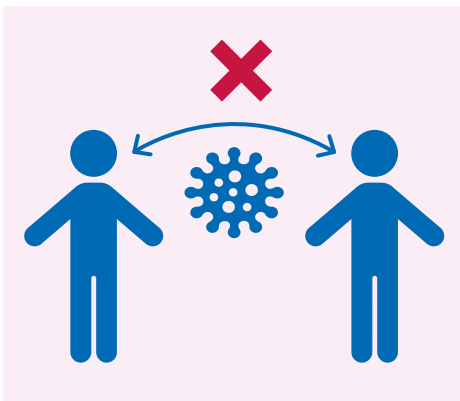## Knowing if you should get a vaccine

Your GP (family doctor) should be able to check if you should get the COVID-19 vaccine.

Some people may receive a letter, or a phone call to invite them for their vaccination.

Can you give COVID-19 to anyone after you have had the vaccine?

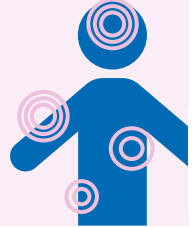Having the vaccine makes you less likely to get very ill from COVID-19.

It will help to stop you from catching and passing on the virus.

Common side effects

Your arm feeling heavy or sore where you had the injection

Feeling achy or like you've got the flu

Feeling tired

ZZZ

Having a headache

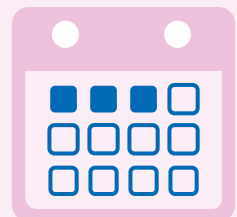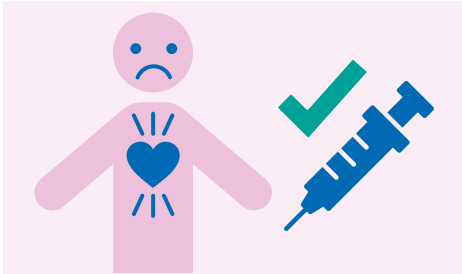If you feel feverish (like you're very hot or very cold) you should:
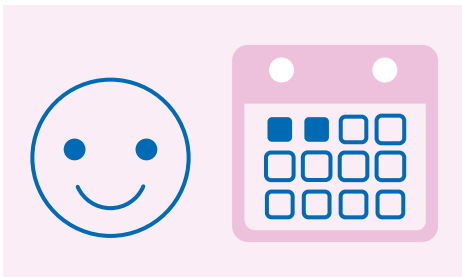
Rest

Take paracetamol

You should feel better in less than a week

Rare but serious side effects

Worldwide, there have been recent, rare cases of inflammation of the heart reported after COVID-19 vaccines.
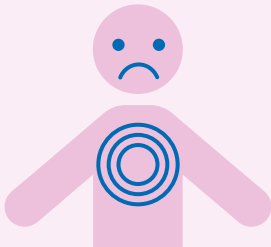
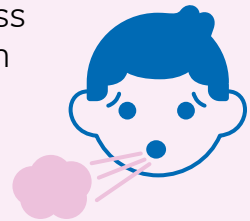These cases have been seen within a few days of vaccination.

Most people felt better after a few days of simple treatment

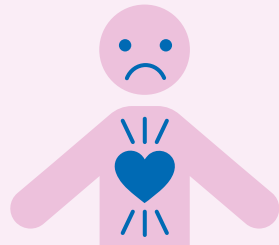You should seek medical advice urgently if you experience:

Chest pain

Shortness of breath

Feelings of having a fast-beating, fluttering, or pounding heart

Rare but serious side effects

If you feel very poorly after vaccination, call 111 or go to the 111 website.

Make sure you tell them about the vaccine, or show them your card.

If you think you have a serious side effect from the vaccine you can report them using the yellow card scheme.

The Coronavirus Yellow Card system is a website where you can report any side effects from the vaccine.

You may need support to access this website: coronavirus-yellowcard. mhra.gov.uk

How to book your appointment

If you receive an invitation letter, it will explain how to make your appointment.

You can use the telephone to make your appointment. You or your parent can call 119.
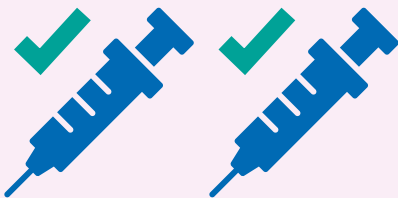
119

You will be told where to go for your vaccine and when.

What to do next

When you've had the first injection, you should get a record card. This card should have your next appointment for 8 to 12 weeks time.

Although the first dose will give you good protection, you need the second dose to get longer-lasting protection.
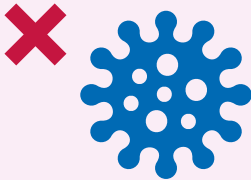

Keep your card safe and make sure you go to get your second injection.
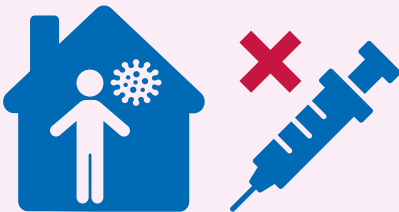
How long the vaccine takes to work

It can take a few weeks for the vaccine to protect you.

Does the vaccine work for everyone?

The vaccine doesn't completely stop everyone getting COVID-19, but if you do, it should still stop you being very poorly.

What to do if you are not well when it is your next appointment

You should not attend a vaccine appointment if you are self-isolating, waiting for a COVID-19 test or unsure if you are fit and well.

After the vaccine, you should still:

Wear a face mask in crowded indoor spaces

Meet outdoors or if indoors, let fresh air in
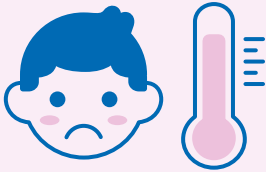
Wash your hands carefully and often

Follow the current guidance on gov.uk/coronavirus

Signs of COVID-19

A new cough and you keep on coughing.

A high temperature.

Your smell or taste going away or changing.

If you have the symptoms above, stay at home and arrange to have a test.

Further information on symptoms is available on nhs.uk/conditions/coronavirus-covid-19/symptoms

If you cannot use the NHS website, phone 111 free of charge.