**Useful information – vaccination**

There is so much information and misinformation about Covid 19 vaccines in the media that it is difficult to know what is correct and true. There are reliable sources of information such as the [Public Health Wales (PHW) website](https://phw.nhs.wales/topics/immunisation-and-vaccines/covid-19-vaccination-information/about-the-vaccine/). If shared information does not say where it came from, i.e., its source, then it cannot be regarded as reliable. The information below is from the Public Health Wales and the [General Medical Council (GMC)](https://www.gmc-uk.org/ethical-guidance/ethical-hub/covid-19-questions-and-answers) websites.

**Q: I am concerned because the vaccine has been developed very quickly and it may not be safe.**

**A:** Researchers and pharmaceutical companies across the world have been working together to reduce the time spent in developing vaccines. However, before any vaccines can be licensed it has to be properly approved and shown to be safe. All the vaccines have gone through all the essential stages and there have not been any shortcuts.

**Q: How do vaccines work?**

**A:** Regardless of which vaccine you receive they all work in a similar way. They ‘fool’ your body into thinking that you have been infected and it allows your immune system to build up a ‘memory’ of Covid 19, so it is better prepared to fight against the virus in the future.

**Q: I have heard the words ‘jab’ and ‘shot’ are they the same as vaccination and inoculation?**

**A:** Yes, these are terms that are often used or heard in the media and they all mean the same thing.

**Q: Should I get the vaccine?**

**A:** Whether or not you decide to get a vaccination is your decision. It will not be compulsory. However, if you do have it:

* You are less likely to become ill with Covid 19 (the Coronavirus)
* You will help towards ending the pandemic as most people need to be vaccinated for this to happen.

**Q: Are there any side effects to the vaccine?**

**A:** Whilst there may be side effects with any vaccination, including the annual flu vaccination, they are usually minor and the information you will receive about the vaccination should give details of what may happen.

Remember you can ask the healthcare professionals, that are giving the vaccination, to answer any concerns you may have.

**Q: How can I get a vaccination?**

**A:** The NHS are rolling out the vaccination programme. You will be contacted by your Health Board or GP to let you know when and where you can get vaccinated.