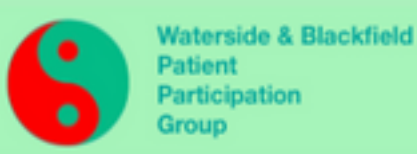


You are receiving this email as you provided your details to the Waterside(Hythe) and Blackfield Patients Participation Group. We would like to grow our mailing list so more patients have access to this information. Please forward this to friends or relatives living on the Waterside who would find this of interest. If you are someone who has received this email from a friend or relative and would like to be added to our mailing list click on the link at the end of this email to register your details.



**Waterside (Hythe) & Blackfield Patient Participation Group**  
Patients and GPs working together to improve services and health



## COVID-19 immunisation

### Protect yourself.

Recently a commentator on the news said "the best defence against the virus is your front door", the inference being that you should follow the lockdown guidance to stay at home. However, the Coronavirus vaccination programme is making great progress and as more and more people in our community are vaccinated and become protected against the virus, it will offer the opportunity to free up the lockdown rules to allow our community to return to normal living.

Some people have concerns about receiving the vaccination and the purpose of this email is to provide reassurance to those who are hesitant about receiving the 'jab', by providing information from the NHS to inform their decision about accepting the invitation to be vaccinated.

## Help make the Waterside PCN community Coronavirus free



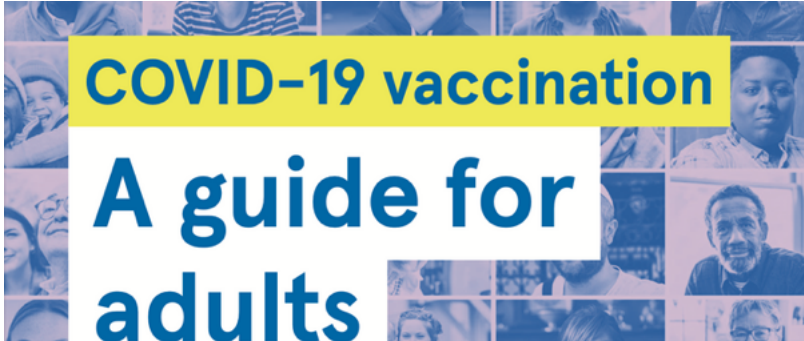
The GP surgeries on the Waterside are collaborating to provide a coordinated vaccination programme for all patients across the Waterside Primary Care Network (PCN). Patients are invited to take up an invitation to be vaccinated at our local Community Vaccination Centre based at the Applemore Health and Recreation Centre. Currently, the clinical staff are achieving the highest vaccination rate in our area backed up by an effective administration system and are to be complimented on this achievement. Click the button below to find out how you will be contacted about your vaccination appointment.

[Click here to find out how you will be invited to receive a vaccination](#)

### How can I be sure the vaccine is safe?

All the steps in the usual vaccine development process have been followed for the Covid-19 vaccine.

This includes clinical trials that are standard in the UK



To find out more about Covid-19 vaccinations and the benefits for adults click the button below.

[Click here for a guide for adults](#)

To see the answers to the most frequently asked questions about what to expect after your vaccination, click on the button below.



[What to expect after your vaccination](#)



If you are pregnant or breast feeding, here are the key points you should consider before making a decision about being vaccinated:

- if you are pregnant you should not be vaccinated unless you are at high risk – you can be vaccinated after your pregnancy is over
- if you have had the first dose and then become pregnant you should delay the second dose until after the pregnancy is over (unless you are at high risk)

If you are pregnant but think you are at high risk, you should discuss having or completing vaccination with your doctor or nurse.

[Click the button to read the NHS leaflet about this](#)

This fact sheet provides Information for children to help them understand what Coronavirus is, the importance of hand washing and how to help stop the virus spreading. If you are a parent, grandparent, teacher, or work in child care, you may find this helpful to explain to children about Coronavirus. It was developed by the Alder Hey Children's NHS Foundation Trust.



[Click for the fact sheet](#)



Whilst some people are wary of being vaccinated, please take up the invitation to have the Covid-19 vaccination. Don't be the missing piece in the jigsaw that prevents the Waterside Community achieving freedom to return to normal life.

Who can I talk to if I have any questions about issues that are covered in the NHS leaflets? To contact the West Hampshire Clinical Commissioning Group (WHCCG) you may use the following contact details: Phone 0800 456 1633 or send your query by email to: [whccg.yourfeedback@nhs.net](mailto:whccg.yourfeedback@nhs.net)

[Click to provide your contact info](#) →