

Newsletter

Main Feature: Flu and COVID-19 Vaccinations

Vaccines are the most effective way to protect children, young people and adults from serious and potentially fatal diseases.

All vaccines undergo rigorous safety testing before being introduced into the population and they are also constantly monitored for side effects after being introduced.

Common side effects following vaccination can include: a sore arm from where the vaccination was given; a mild headache; slightly raised temperature; and tiredness. These symptoms can be managed by taking paracetamol as instructed on the packet, by drinking plenty of water and by having some rest. Side effects usually disappear after 24-48 hours.

Serious side effects such as [anaphylaxis](#) from vaccinations are very rare, and if this does happen, it normally happens within minutes and the person who vaccinated you will be trained to look after you.

[Adverse side effects from vaccinations can be reported by anyone via the Yellow Care Scheme.](#)

Anti-vaccination stories, often spread through social media, may not be based on scientific evidence. Caution should be exercised when you are exposed to these stories as they may put you and the people you care about at risk of serious illness.

Flu vaccination

The Flu vaccine is a safe vaccine and is offered every year on the NHS to help protect those who are at risk of getting ill from Flu. People who are advised to have the Flu vaccine include those who are:

- children and young people (2-17 years)
- pregnant
- 50 and over
- living with certain long term health conditions
- living in long stay residential care
- a carer for an older or disabled person
- living with someone who is more at risk of infections, such as: someone who has had an organ transplant; or is having treatment for cancer; lupus or rheumatoid arthritis; or is living with HIV
- health and social care staff

The best time to have a Flu vaccine is in the autumn (from September) or early winter before Flu starts spreading. However, you can still have the Flu vaccine at any time during the winter months.

It can take up to 10-14 days for the Flu vaccine to become effective and provide you with immunity. The Flu vaccine provides immunity from the main types of Flu circulating which means there is still a chance that you might get Flu, although it is likely to be milder and shorter in duration if you do catch it.

You can get your Flu jab from your GP, a pharmacist, or your midwifery service who are offering Flu jabs.

[Find out more if you think you should not have the Flu vaccine, about the Flu vaccine in pregnancy and if you have a long-term condition and would like to have a Flu jab.](#)

COVID-19 vaccinations

The COVID-19 vaccines are safe vaccines which became available in 2019 to protect people from serious illness, long term effects and death caused by COVID-19. Nearly 70% of the UK population has so far received both vaccines during the most successful vaccination programme in our NHS history. COVID-19 vaccines are the best way to get protection from serious illness and death caused by COVID-19.

The Joint Committee on Vaccination and Immunisation (JCVI) has now approved COVID-19 vaccines for everyone in the UK aged 12 years or over:

Young people between the ages of 12-15 years will be eligible for one dose of the Pfizer/BioNTech vaccine (a Medicines and Healthcare products Regulatory Agency; MHRA approved vaccine). Vaccinations will be provided by the schools vaccination team to young people in schools across Cumbria from next week.

Currently, people from the age of 18 are eligible for 2 doses of an MHRA approved vaccine, the second dose being given 12 weeks after the first dose. Speak to your care home manager if you are unsure about getting vaccinated. [You can use this link to book either of your vaccinations.](#)

It takes until two weeks after your second dose of the vaccine for your body to build up immunity to COVID-19.

[People who work or are deployed to work in a care setting which provides both accommodation and care are now legally required to be double vaccinated by the 11th November 2021.](#)

To show proof you have had both COVID-19 vaccinations [Get your NHS COVID Pass letter](#) or download [the NHS app](#).

If you have had COVID-19, you will not be able to have your COVID-19 vaccination for 28 days from either your last positive test date or the date your symptoms started.

Do not attend for either your Flu or COVID-19 vaccinations if you have any of the following symptoms: A temperature; new continuous cough; or loss of taste and smell. Stay at home, isolate and book a [PCR test](#).

COVID-19 booster vaccination

The NHS has started the COVID-19 booster vaccination programme for eligible groups. This includes people aged 50 and over, care home residents, frontline health and social care staff, and those aged 16-49 years with specific underlying health conditions. Booster vaccinations will be given from 6 months after your last vaccination. This will help improve the protection you gained from your first round of vaccinations. The NHS will contact you when it is your turn to be vaccinated. Click on this [link](#) for more information.

NEXT MONTH'S ISSUE - October 2021 – will feature on winter preparedness

If there are features you would like included in this newsletter, email and let us know.

For more information or to contact our IPC Team, please email IPC@cumbria.gov.uk

Our emails are monitored Monday-Friday 9am–5pm and Saturdays 9am-1pm.

<p><u>IPC Training Programme:</u></p>	<p><u>IPC Advice, support & information:</u></p>	<p><u>IPC Resources:</u></p>
<p>The IPC domestic training package has been very well attended and is now fully booked.</p> <p>This course aims to support all staff to provide a safe and clean environment to national standards.</p> <p>More courses and places will be available soon for you to book onto via the Learning and Development website.</p>	<ul style="list-style-type: none"> • Advice, support and information for care home staff on the management of all infections: E.g. Covid 19; MRSA; CDI; <i>E. coli</i>; Scabies • Advice & support to undertake a range of care home IPC audits to national standard • Support safe hospital discharge for residents who have been treated for an infection • IPC annual training programme (2021/22) & bespoke IPC courses for care home managers, clinical staff, IPC link champions, care and domestic staff • Advice & support on new builds & extensions to meet IPC specifications. 	<p>A wide range of excellent IPC policies and procedures are available to help you to manage infections in your care home.</p>