

Fact sheet on COVID 19 vaccinations and testing for direct payments recipients and their PAs

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Making a booking

Vaccinations through the council call centre are currently ONLY for paid carers and not for unpaid carers or other people living in the same household as the person receiving the direct payment.

Unpaid carers or carers receiving carers allowance are asked to register with the carers centre <https://ccth.org.uk/contact/registration-form/> and to register as a carer with their GP. You will then be contacted to arrange your vaccination.

If you as a direct payment recipient or your employed personal assistants need a vaccination appointment call 0207 364 3030.

Before you try to make a vaccination appointment

Please do ensure that you have checked the following before booking an appointment.

- It must have been at least 7 days since you received a flu vaccination before you can receive the Covid-19 vaccination
- If you have been symptomatic or tested positive for COVID-19 it must be at least 28 days since your test or when symptoms started.
- If you are pregnant, a clinical assessment is required, please contact your GP prior to booking a vaccination appointment.
- No previous severe anaphylaxis (a severe and potentially life-threatening reaction to a trigger such as an allergy). Please contact your GP prior to booking a vaccination appointment.
- If you are taking the blood thinning medication warfarin, you will need to check your international normalised ration (INR) checks are up to date and that your latest INR level is within a normal range.
- You should not use this system to book a second dose now. When attending your vaccination appointment you will be informed of the process for your second dose.

Potential side effects, and planning the timing of your vaccination

You cannot catch COVID 19 itself from having the vaccination. But some people do experience side effects from it. The majority of people have no or mild side effects, such as headache or feeling a bit tired. However, some people can have more significant side-effects such as a raised temperature and feeling a bit like you have a cold or flu. Full details of potential side effects are in the link below.

Depending on the sort of caring support needs that you have, and whether symptoms like this might affect you more than non-disabled people, you might want to take the following thoughts into account when organising the vaccination times for you and your PAs.

- If it might mean you need additional support yourself and you might want to put contingency plans in place
- It might be a good idea for a PA to avoid having a vaccine just before a shift (in case they start feeling ill during the shift).

More information on side-effects can be found here:

<https://www.gov.uk/government/publications/covid-19-vaccination-what-to-expect-after-vaccination/what-to-expect-after-your-covid-19-vaccination>

How to travel to the vaccination sites

When you arrive for your appointment you will be asked to show your ID, which will be matched against your name

Vaccines are currently offered at the following sites between 8am and 7:30pm by appointment only. **Please ensure you arrive on time to your appointment. DO NOT ARRIVE EARLY!** There is very limited waiting space, particularly at Cable Street, and you may have to queue in the street, so please wear something warm and waterproof. Do wear a face covering if you are able to do so and do not bring children.

Please attend on your own if you are able to and accompanied by no more than one adult if you require assistance.

When calling to make your booking, you will be able to ask for Age UK to escort you to your vaccination and back if you are:

- You are over the age of 65 years unless there is a diagnosis of dementia or similar condition.
- Living alone or with another person who meets the service criteria.
- Have no family or friends who are able to escort them.
- You are in receipt of shielding letter.

Frequently Asked Questions

I recently had my flu vaccine. When can I have my COVID-19 vaccination?

Please allow at least seven days between having these different vaccinations.

I have a history of allergies. Can I have my vaccine?

Please consult with your doctor if you are unsure about whether you can have the vaccine.

I, or someone in my household, has recently tested positive for COVID-19. When can I have my vaccine?

Please wait 28 days from onset of first symptoms or test date (whichever is earlier) to have your vaccination.

I received an invite but my partner did not. Can he/she attend with me for their vaccine?

No, vaccines are only available for direct payment recipients and their employed personal assistants by appointment only.

I live with a carer, can he/she have their vaccination

Unpaid carers are now being offered the Covid-19 Vaccine as part of Priority Group 6 rollout. In order for an unpaid carer to be eligible for the vaccine you should meet at least one of the following criteria:

- Are in receipt of, or entitled to, a **carers allowance** and/or
- If you provide significant amount of close contact personal care to someone who is **clinically vulnerable**.

If you meet any ONE of the above, you should contact the Carers Centre Tower Hamlets and complete the **registration** form at www.ccth.org.uk, call 020 7790 1765 or email enquiries@ccth.org.uk.

I have heard there are different vaccines available. How do I choose which vaccine I will receive?

Due to uncertainty around vaccine deliveries this is not something we can currently offer. We will update this page should this change.

I am housebound, how do I get my vaccine?

Housebound patients should have been contacted by their GP. If you are housebound and have not heard from your GP by 8th February 2021 then please get in contact with your GP to ensure that you are correctly listed as housebound and that your GP has up-to-date contact details for you.

I am unable to get to the vaccination centre, can you arrange transport?

No, but you are able to use part of your direct payment to arrange travel if you wish. If you are 50 and over you can also contact Age UK East London on 020 8981 7124 or 07754 751079 who are offering a COVID 19 vaccine support service to help people get to their vaccination appointments.

When will I receive my second dose?

The government are not allowing us to book the 2nd vaccines yet. This will be offered approximately 11-12 weeks after the first, you should not use this call centre to book a second dose now. When attending your vaccination appointment you will be informed of the process for your second dose.

Can my PAs get vaccinated if they are self-employed?

Yes they can, please contact the council vaccine helpline to book.

Is the vaccine vegan/vegetarian friendly?

There is no material of foetal or animal origin in either vaccine.

Will you use the Oxford/AstraZeneca vaccine more because it's cheaper and easier to store?

Both vaccines are classed as being very effective. The Oxford/AstraZeneca is easier to store and transport, meaning we can deliver them in more places, and we expect to have more doses available as they are manufactured in the UK, so we would expect that most people are likely to receive this vaccine over the coming weeks and months.

Occasionally one vaccine may be more suitable than another based upon your medical history, this will be discussed with you as necessary by your clinician.

How effective is the COVID-19 vaccine?

The 1st dose of the COVID-19 vaccine should give you good protection from coronavirus. But you need to have the 2 doses of the vaccine to give you longer lasting protection.

There is a chance you might still get or spread coronavirus even if you have the vaccine. This means it is important to:

- Continue to follow social distancing guidance.
- If you can, wear something that covers your nose and mouth in places where it's hard to stay away from other people

Pfizer vaccine vs Oxford Vaccine effectiveness facts:

- i) Both vaccines have been shown to be **safe** and offer **high levels of protection**, and have been given regulatory approval by the MHRA (Medicines and Healthcare products Regulatory Agency)
- ii) The NHS would not offer any COVID-19 vaccinations to the public until it is safe to do so
- iii) Oxford vaccine data indicates the vaccine has 62% efficacy when one full dose is given followed by another full dose, but when people were given a half dose followed by a full dose at least a month later, its efficacy rose to 90%. The combined analysis from both dosing regimens resulted in an average efficacy of 70.4%. Pfizer efficacy after two doses was shown to be 95%

Should people who have already had Covid or are suffering from 'Long Covid' get vaccinated?

Yes, if they are in a priority group identified by JCVI (Joint Committee on Vaccination and Immunisation). Getting vaccinated is just as important for those who have already had Covid-19 as it is for those who haven't, including those who have mild residual symptoms. Where people are suffering significant ongoing complications from Covid they should discuss whether or not to have a vaccine now with a clinician.

Note that if you have had Covid you cannot be vaccinated for at least 28 days since symptoms first appeared or the date of a positive test, whichever is the earliest. This is not because the vaccine will make the illness worse, but to make sure if your Covid symptoms get worse, that this isn't confused with any side effects of the vaccine.

Helpful links

Dr Abdul Wadud Kamali, GP at the Limehouse Practice in Tower Hamlets, appeared on Bengali community TV Station, TV One, to discuss the Covid-19 vaccine in Sylheti, dispelling myths and providing reassurance. You can watch and share it [here](#).

Dr Hasnain Abbasi, GP Director at Tower Hamlets Covid-19 Vaccine Centre and his team encouraged his local community to take the vaccine and tackled common misconceptions – watch the video [here](#).

Senior Imam at East London Mosque, Sheikh Mohammed Mahmoud also encouraged his community to take the vaccine and helped to tackle conspiracies around Covid immunisation – watch the video [here](#).

NHS England's Associate Chief Clinical Information Officer and a practicing NHS doctor, Dr Harpreet Sood, highlighted that the vaccine has been endorsed by all religious groups – watch the video [here](#).

Easy-read information on Covid vaccination can be found [here](#) and the latest national advice, including guidance for primary care and a full list of vaccination sites is [here](#).

Translated, easy-read and further information

A variety of information about the vaccine is now available in more languages including Albanian, **Arabic**, **Bengali**, **Chinese**, **Farsi**, **Gujarati**, Hindi, **Nepali**, **Punjabi**, Polish, Romanian, **Somali**, Spanish, Tagalog and Turkish:

[COVID-19 vaccination: guide for older adults](#)

[What to expect after your COVID-19 vaccination](#)

[Why you are being asked to wait](#)

[Women of childbearing age, currently pregnant or breastfeeding](#)

Easy-read information on Covid vaccination can be found [here](#) and the latest national advice, including guidance for primary care and a full list of vaccination sites is [here](#).