

Time to check the facts, ditch the fiction and get boosted

Medical experts help dispel five myths surrounding Covid-19 vaccines, and explain why it is so important to get your jab

1 I've been vaccinated twice - isn't that enough protection?
Alan Coates, Director General of Public Health England, says: "The two doses of the vaccine are designed to work together to give you the best possible protection against Covid-19. The second dose is essential to ensure you have enough protection against the virus. It's important to get your second dose on time to ensure you have the best possible protection against the virus."

2 I'm worried about side effects
Dr Helen Aldred, senior health adviser at Public Health England, says: "The vast majority of people who get the vaccine experience no side effects. Some people experience mild side effects, such as a sore arm, fatigue, or a low-grade fever. These are normal and usually resolve within a few days. Serious side effects are extremely rare. The benefits of the vaccine far outweigh the risks of side effects."

3 I've already had Covid - surely I won't get it again?
Getting boosted is the most effective way to prevent serious disease
Dr Helen Aldred, senior health adviser at Public Health England, says: "Even if you have had Covid-19, you should still get vaccinated. The vaccine can help prevent you from getting Covid-19 again, and it can help prevent you from getting a more serious case of the virus. The vaccine is also effective against the Omicron variant, which is more contagious than previous variants."

4 I'm pregnant - could it harm me or my baby
Dr Helen Aldred, senior health adviser at Public Health England, says: "The vaccine is safe for pregnant women and their babies. There is no evidence that the vaccine causes miscarriages or stillbirths. In fact, getting vaccinated during pregnancy may help protect you and your baby from serious complications of Covid-19. It's important to get vaccinated during pregnancy to ensure you and your baby are protected against the virus."

5 I don't have time to get it
Dr Helen Aldred, senior health adviser at Public Health England, says: "Getting vaccinated is a quick and easy process. It only takes a few minutes to get the vaccine, and you can get it at a variety of locations, including GP surgeries, pharmacies, and community centres. It's important to get vaccinated as soon as possible to ensure you and your family are protected against the virus. The vaccine is a simple and effective way to protect yourself and your loved ones from serious complications of Covid-19."

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BOOST YOUR DEFENCES



With a Covid exam
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COVID-19 BOOSTER PROGRAMME - YOUR QUESTIONS ANSWERED

As we work together to fight the continuing spread of Covid-19 and the Omicron variant, the booster programme is ongoing. If you're unsure what it involves, or why it's important, your 12 Co are answered here

1 What is the booster programme?
The booster programme is a series of vaccine doses designed to give you extra protection against Covid-19. It's important to get the booster as soon as possible to ensure you and your family are protected against the virus. The booster is a simple and effective way to protect yourself and your loved ones from serious complications of Covid-19.

2 Who is eligible for the booster?
The booster is available for all people aged 16 and over who have had two doses of the vaccine. It's important to get the booster as soon as possible to ensure you and your family are protected against the virus. The booster is a simple and effective way to protect yourself and your loved ones from serious complications of Covid-19.

3 How do I get the booster?
The booster is available at a variety of locations, including GP surgeries, pharmacies, and community centres. It's important to get the booster as soon as possible to ensure you and your family are protected against the virus. The booster is a simple and effective way to protect yourself and your loved ones from serious complications of Covid-19.

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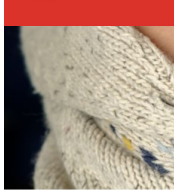
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DON'T HESITATE - VACCINATE!

To help combat online misinformation, four medical experts take on myths around the Covid-19 booster and explain why you should get yours now

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A BOOST FOR THE FUTURE

The country is coming together for its vaccine top-ups but some myths are still doing the rounds. Here, our experts set the record straight

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Getting boosted is the most effective way to prevent serious disease
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MEET THE EXPERTS



Dr Sophie Newton
GP, mum of three

Dr Amir Khan
NHS doctor from Yorkshire

Dr Jen Jardine
from the Royal College of Gynaecologists and Gynaecologist

Dr Farzana Hussain
GP from East London

Dr Sophie Newton
GP, mum of three

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NHS doctor from Yorkshire

Dr Jen Jardine
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HM Government 



Get vaccinated now

Everyone aged 12 and over can now book a second COVID-19 vaccination.

Vaccination centres will be open throughout the festive period – including between Christmas and New Year. To book yours and find out more visit nhs.uk/covidvaccination

All together >


HM Government 



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Every adult in the country now needs to get a COVID-19 booster vaccine, because two doses does not give you enough protection against catching Omicron. Vaccination sites will be open throughout the festive period – including between Christmas and New Year. To book yours and find out more visit nhs.uk/covidvaccination


All together >

Going shopping?
Test before you go

Find out more at nhs.uk/get-tested

All together >



Seeing friends & family?
Test before you go

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