

COVID-19 Vaccination: What to Expect

Leaflet for People with Dementia and their Families/Supporters

This leaflet should be read in conjunction with HSE official guidance and materials on the COVID-19 vaccination programme [HSE website](#)

What is the COVID-19 vaccine?

This vaccine is an injection that helps protect you against the COVID-19 virus. It reduces your risk of getting COVID-19.

It is given to keep you feeling well and healthy.

Where will the vaccination take place?

An appointment date for the vaccine will be sent to you. This will include the time and location for your vaccination.

The vaccination might take place:

- at your GP surgery,
- in special circumstances at home,
- or at a local vaccination centre.



What to do on the day of the vaccine?

On the day of the vaccine don't do any tasks that you find stressful.

Make sure you have something to eat beforehand and bring a drink with you.

It is important to arrive on time.

There might be a short wait. Make sure you bring something that can pass the time.



Can someone go with you?

Yes, you can bring someone with you.

How is the vaccine given?

The vaccine is given as an injection into the top of your arm.



What should you wear?

Wear loose fitting clothes, such as a cardigan which can be taken off easily. And a top that has a sleeve that can be rolled-up easily. Or a T-Shirt.

You, and whoever attends with you, will have to wear a face mask.

Who will give you the vaccine?

A trained healthcare professional will give you the vaccine.

They will tell you what will happen in advance.

The person giving you the vaccine will be wearing personal protective equipment (PPE). It might be difficult to see their face when they are wearing a mask.



What happens when you get to the vaccination location?

You will be given an information leaflet on the COVID-19 vaccine.

You will be asked if you are happy to get the COVID-19 vaccine and to sign a consent form

You can say yes.

You can say no.

What happens after you get the vaccine?

You will need to wait for 15 minutes afterwards to make sure you don't have any reaction to the vaccine.

You will be directed to a waiting area.

You can bring someone to wait with you.



What should you do after the vaccine?

Take it easy for a day or two after the vaccination.

You can still spread COVID-19 after you get the vaccine.

It is important that you continue following COVID-19 public health measures:

- Wash your hands regularly
- Wear a face mask when you are out and about
- Keep two metres apart when you are in public
- Sneeze and cough into your elbow



Are there any side effects to getting the COVID-19 vaccine?

Like all medicines, the COVID-19 vaccine has some side effects. Most of these are mild to moderate. And not everyone will get them.

Some of these side effects are:

- Soreness where the injection is given
- Muscle pain
- Tiredness
- Headache
- High temperature (normally goes away in 2 days)



Other side effects that don't happen too often are:

- some swelling of glands in the armpit or neck
- temporary one-sided face weakness (Bell's palsy)

It is very rare for someone to have a severe allergic reaction to the COVID-19 vaccine. The vaccinator is trained to treat such reactions.

If you have any concerns after receiving your vaccine, please talk to your GP/Healthcare provider.

If you get severe side effects from the COVID-19 vaccine who should you tell?

If you get severe side effects after you get your COVID-19 vaccine you can report them to your GP.



Depending on the type of vaccine you receive, you might be called back to receive a second dose of the vaccine at a later date.

Keep your vaccination card safe. You will be asked to return for a second injection in a few weeks.

Ask the person giving you the vaccine any questions before you leave.

You can get more information online at: www.hse.ie/covid19vaccine or the HSE
Live helpline number at: 1850 24 1850.