



**Isle of Man  
Government**

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COVID-19 vaccine

# Your guide to booster vaccination

People aged 40 years and over, health and social care workers and younger people at risk are being offered a booster dose of coronavirus (COVID-19) vaccine. You can book online, or call 111 to make an appointment to have your booster.

## What is coronavirus or COVID-19?

COVID-19 is a very infectious respiratory disease caused by the SARS-CoV-2 virus and is more serious in people over 40 years of age and those with certain health conditions.

## Why are you being offered a COVID-19 booster?

Like some other vaccines, levels of protection may begin to wane over time. This booster dose will help extend the protection you gained from your first 2 doses and give you longer term protection. The booster will help to reduce the risk of you needing admission to hospital due to COVID-19 infection this winter.

## When should you have a booster?

The booster is being offered at least 6 months after your last dose. Like your previous doses, the vaccine will be given in your upper arm.

Protection against severe disease from the first 2 doses seems to decline very slowly. So don't worry if your booster vaccine is given a short time after the 6 months time-point. The booster dose should help to extend your protection into the next year.

## Which vaccine will you be offered?

You will be given a booster dose of either Pfizer or Moderna vaccine\*. Both vaccines have already been given to millions of people in the UK.

Studies have shown that you only need a half dose of Moderna to boost the immune system well. This half dose of Moderna is expected to have low rate of side effects including myocarditis. See page 3 for more information.

You will be offered the right vaccine for you which may be the same or different from the vaccines that you had before.

## Common side effects

As with your previous dose the common side effects are the same for all COVID-19 vaccines used in the UK, and include:

- having a painful, heavy feeling and tenderness in the arm where you had your injection. This tends to be worst around 1 to 2 days after the vaccine
- feeling tired
- headache
- general aches, or mild flu like symptoms

\* AstraZeneca may be an option if this is the vaccine that you had for the first 2 doses.

You can rest and take paracetamol (follow the dose advice in the packaging) to help make you feel better. Although feeling feverish is not uncommon for 2 to 3 days, a high temperature is unusual and may indicate you have COVID-19 or another infection.

Although a fever can occur within a day or 2 of vaccination, if you have any other COVID-19 symptoms or your fever lasts longer, stay at home and arrange to have a test. Symptoms following vaccination normally last less than a week. If your symptoms seem to get worse or if you are concerned, you can call your GP or practice nurse for advice.

You can also report suspected side effects of vaccines and medicines through the Yellow Card scheme. You can do this online by searching Coronavirus Yellow Card or by downloading the Yellow Card app.

Please see the back of the leaflet for more details.

If you had serious side effects after any previous dose you may be advised to avoid or delay further vaccination. You should discuss this with your doctor or specialist.

## Serious side effects

Worldwide, there have also been recent, very rare cases of inflammation of the heart called myocarditis or pericarditis reported after Pfizer and Moderna COVID-19 vaccines.

These cases have been seen mostly in younger men within several days after vaccination. Most of these people recovered and felt better following rest and simple treatments.

You should seek medical advice urgently if, after vaccination, you experience:

- chest pain
- shortness of breath
- feelings of having a fast-beating, fluttering, or pounding heart

## Is there anyone who shouldn't have a booster?

There are very few people who should not have a booster.

If you have had a severe reaction to a previous dose of the vaccine you should discuss this with your doctor.

## Can you still catch COVID-19 after having the vaccine?

The COVID-19 vaccination will reduce the chance of you suffering from COVID-19 disease. It may take a few days for your body to build up some protection from the booster.

Like all medicines, no vaccine is completely effective – some people may still get COVID-19 despite having a vaccination, but this should be less severe.

### If you have not had the first vaccinations

If you have not yet had either of your first 2 doses of the vaccine you should have them as soon as possible.

You will still need the booster but the timing of it will depend on when you had your first 2 doses.

## Further information

Visit coronavirus vaccination [www.gov.im/covidvaccination](http://www.gov.im/covidvaccination)

An information leaflet on what to expect after vaccination is available to download from:

<https://www.gov.im/categories/health-and-wellbeing/vaccinations/covid-19-vaccination-programme/>

Please read the product information leaflet for more details on your vaccine, including possible side effects, by searching Coronavirus Yellow Card. You can also report suspected side effects on the same website or by downloading the Yellow Card app.



<https://coronavirus-yellowcard.mhra.gov.uk>

You can read the Information for UK recipients of the Pfizer and Moderna vaccines here: <https://coronavirus-yellowcard.mhra.gov.uk/productinformation>

Public Health Isle of Man has adapted this information leaflet with kind permission from UK Health Security Agency