



Why it is important to get vaccinated against coronavirus

Vaccination protects you, but also your family, friends and other people. The more people who get vaccinated, the more difficult it is for coronavirus to spread. This will allow the government to scale down coronavirus restrictions.

Whether or not you get vaccinated is your choice. In other words, vaccination is not compulsory. Make sure that you are well-informed, so you can make the right choice.



Safety

Every vaccine that is approved for use has first been tested on tens of thousands of people. Coronavirus vaccines have to meet the same strict safety standards as all other vaccines. The manufacturers of vaccines have to follow the same procedures to make a vaccine and get it approved.

The European Medicines Agency (EMA) and the Medicines Evaluation Board (CBG) assess all vaccines. They study them to see if they are safe and effective. The Health Council of the Netherlands also checks to see whether the vaccines meet all requirements and for which target groups they are suitable. You can't choose which vaccine you are given. When the vaccines are delivered, the National Institute for Public Health and the Environment (RIVM) also checks them again so we know they are safe.



Side-effects

You can have side effects after any vaccination, including a vaccination against coronavirus. That's because the vaccine activates the body's immune system. This builds up protection against coronavirus, but can also lead to other symptoms.

The following symptoms are common. They usually go away between one and three days after vaccination:

- soreness at the injection site
- headache
- fatigue
- muscle ache
- fever

If the pain or the fever gets bad, you can take pain relief. Contact your GP if you develop any unknown side-effects, or if you are worried.

The risk that you will develop serious side-effects after being vaccinated against coronavirus is small. By far the most serious side-effects occur within fifteen minutes of having the vaccination. This is why as a precaution you have to sit down for 15 minutes after having the vaccination, to make sure that you react well to the vaccine.



Invitation

When it's time for your population group to be vaccinated, you'll get an invitation. This will be sent by letter. Not everyone can be vaccinated at the same time. The aim is to protect the oldest and most vulnerable people in society first, after which younger people will be invited. To find out when it is your turn to get vaccinated against coronavirus, go to www.coronavaccinatie.nl.



Good to know

- The vaccination is free.
- The BioNTech/Pfizer, Moderna and AstraZeneca vaccines consist of two doses. Two weeks after the second dose you'll have maximum protection against COVID-19.
- If you have had COVID-19 in the past six months, then one dose is enough.
- The Janssen vaccine consists of one dose. From four weeks after the dose you'll have maximum protection against coronavirus.
- Wait before making an appointment or make a new appointment if you:
 - z are ill or feverish on the day of your vaccination appointment;
 - zh ave symptoms of coronavirus (COVID-19);
 - zh ave missed your appointment to be vaccinated.
- Ask your doctor when it is advisable to have the vaccination if you:
 - zh ave a weak immune system, for example because of illness or the medication you are taking;
 - z are on blood thinners or have a clotting disorder;
 - zh ave previously had a serious allergic reaction to one of the components of the vaccine;
 - zwish to become pregnant.
- If you are pregnant it is safe to have the coronavirus vaccine. The vaccination will not harm you or your unborn baby.



Keep following the rules

Even if you've been vaccinated, it's important to continue to follow the basic coronavirus rules, such as:

- Wash your hands regularly
- Stay 1.5 metres away from other people
- If you have symptoms get yourself tested, even if you have had the vaccination. The risk that you will catch COVID-19 is very small, but you can still get infected.

If you have any questions about your own specific situation,
discuss them with your doctor

general questions go to

coronavaccinatie.nl

or phone 0800-1351