

# I've had my first vaccine, what should I do now?



## Book your second vaccine

You may have booked your second vaccine at the same time as you booked your first. If so, you do not need to do anything else, simply turn up for your second appointment. If you need to change your appointment you can manage your appointment at <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>



**If you booked your first dose with your GP**, they will contact you to book your second appointment. This should be 10-12 weeks after your first vaccination.

Your GP will contact you when it is time to book your second appointment. If you have not heard after 10 weeks, contact your GP. The local patient enquiry helpline can also help with bookings: **0344 257 3961**.



[www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

## Follow the current guidance

Whether you have had a vaccination or not, you can catch and pass Covid-19 onto other people. It's important to continue to follow the current guidance to keep yourself and loved ones safe. Current guidance can be found [gov.uk/coronavirus](http://gov.uk/coronavirus)



[www.suffolk.gov.uk/testing](http://www.suffolk.gov.uk/testing)

## Get tested regularly

- 1 in 3 people who catch Covid-19 do not show symptoms. Even once you are vaccinated, you could catch Covid-19 and pass it on to others, so regular testing is important. Twice weekly testing is recommended for everyone.
- You can pick up a home testing kit from your local pharmacy, library, testing centre, online, or by calling 119. Visit [www.suffolk.gov.uk/testing](http://www.suffolk.gov.uk/testing) for more information.



## Can I choose a different vaccine?

Your second vaccine dose should be the same type of vaccine that you received for your first. (This will be noted in your medical records and on your vaccination card). If you had an allergic reaction to your first vaccine, seek advice from your GP about booking your second appointment. Allergic reactions to the vaccine are very rare.



## To protect yourself and others, remember 'Hands. Face. Space. Fresh Air':

**Hands** – wash your hands regularly and for 20 seconds  
**Face** – wear a face covering over nose and mouth in indoor settings  
**Space** – stay 2 metres apart from people you do not live with where possible  
**Fresh Air** – meet in the fresh air. Keep buildings well ventilated