

Guidance following your first vaccination dose

on behalf of the NHS across Bradford district and Craven

Thank you for having your first vaccination for COVID-19. This vaccination will start to protect you in about 2 to 3 weeks' time. Even though you have not yet received both doses you have significantly reduced your chances of becoming seriously ill with COVID-19 and you are helping to protect others now and in the future.

It's great you've had your first dose of the COVID-19 vaccine but it will take 2–3 weeks before the vaccination starts working. Please remember you could still pass the infection on to others. Let's work together to keep everyone safe.

Here's how you can continue to protect yourself and others:



- Keep 2 metres apart from people not in your household or bubble.
- Clean your hands carefully and regularly and especially when you enter your home, or after you have used public transport, or touched any surface that may have been touched by others.
- Wear a clean face covering whenever you are in a crowded space and in public indoor spaces including shops, places of worship and on public transport (unless you are exempt).
- Open windows and doors to introduce fresh air inside if you are sharing any indoor spaces with people you do not live with or if someone in your household has COVID-19.

- Self-isolate and get tested if you develop any of the symptoms of COVID (a high temperature, a new continuous cough, a loss or change to your sense of smell or taste), even if your symptoms are mild.
- Self-isolate if someone in your household or bubble develops symptoms or tests positive for COVID, or if you are asked to self-isolate because you have been in close contact with someone who has tested positive.
- Follow the current rules for your local area. Rules may vary in different parts of the UK so make sure you know what the rules are for you and follow them carefully.

We know that you want to meet with your friends and loved ones and get your life going again.

The current restrictions to protect us will not last forever.

There is some initial evidence that people who have been vaccinated may be less likely to pass on a COVID infection to others, but this is not yet clear. Until we have more reliable evidence we must all continue following the guidance. Scientists who advise the government are working hard to understand when it might be safe to start to relax the rules. The Prime Minister recently outlined a roadmap for when we might be able to reduce the restrictions, but it is important that we all maintain the rules.

The next important step is for you to get your second dose of vaccine when you are invited.

It is important to get the second dose because this will further reduce your chances of becoming seriously ill with COVID and means that this protection will last for longer.

Thank you for reading this information and for following the guidance. You are keeping yourself, your loved ones and community safe, and helping us all along the path to getting life going again.