

Understanding Vaccine Protocol & Vaccine Anxiety

With the release of multiple vaccines to protect us against COVID-19, many people across the World have raised questions; 'how are they developed so quickly?', 'is the testing rigorous enough?', and 'what will the long-term effects on humans be?' Mix that in with the hype from the media and a healthy dose of conspiracy theories and it is enough to trigger fears and anxieties in anyone.

It is important to remain level headed and optimistic around the vaccines. So, whether it is a pharmaceutical company saying testing is not final and that there are still too many unknowns, or if it is a newspaper that has reported that someone has had an adverse reaction to the vaccine, it is extremely important to always ensure you are getting your information from a reliable source.

Tips on coping with fear and anxiety

- **Understand your anxieties** – write down what it is about the vaccine that you are worried about.
- **Equip yourself with trustworthy information** – Information and guidance on vaccines is constantly evolving. So it is understandable if you are feeling unsure what is what. Arming yourself with the correct facts will help you feel confident that you know useful information about the vaccines and this can help ease your worries. But if watching or reading the news about coronavirus makes you feel anxious, limit this to once a day.
- **Look after your wellbeing** - Taking care of your physical health can help you to cope with feelings of anxiety and stressful situations when they arise. Try to eat a healthy diet, limit alcohol, exercise regularly and get good-quality sleep. Remember to take some time out to look after yourself. Try a few different things until you find what works for you. You could try reading a book, practise mindfulness, get creative, bake or go outdoors for some exercise. Spending time outside in green, open spaces can have positive effects on both your physical and mental wellbeing.
- **Make time for “worries”** - If your worry feels overwhelming and takes over your day, put aside time for “worry time” to go through your concerns each day. Write them down or confide in a friend or loved one, or consider calling Care first for some support in the moment.

The below poster from Public Health England confirms the first phase priority groups for COVID-19 vaccination in England. The below may provide you with comfort to know the order in which you may receive the vaccine. For further information on '**Understanding vaccine protocol and vaccine anxiety**' please join our live webinar on **2nd March 2020 at 12pm**. Please use this link to register:

<https://attendee.gotowebinar.com/register/2197344714367941388>

If you are unable to join the webinar live, a recording of the session can be accessed using the same link above after the webinar has taken place.

If you feel you may need some support, you can contact Care first. Care first is a leading provider of confidential, professional counselling, information and advice services. All employees are eligible to use Care first, our services include; telephone counselling, information services and online support. Call Care first on the Freephone number provided by your organisation and you can speak to a professional in confidence.



COVID-19 vaccination

First phase priority groups



Priority	Risk group
1	Residents in a care home for older adults and Staff working in care homes for older adults
2	All those 80 years of age and over and Health and social care workers
3	All those 75 years of age and over
4	All those 70 years of age and over and Clinically extremely vulnerable individuals (not including pregnant women and those under 18 years of age)
5	All those 65 years of age and over
6	Adults aged 18 to 65 years in an at-risk group*
7	All those 60 years of age and over
8	All those 55 years of age and over
9	All those 50 years of age and over
10	Rest of the population (to be determined)

80 yrs

75 yrs

70 yrs

65 yrs

60 yrs

55 yrs

50 yrs

* Blood cancer (such as leukaemia, lymphoma or myeloma); diabetes; dementia; a heart problem; a chest complaint or breathing difficulties, including bronchitis, emphysema or severe asthma; a kidney disease; a liver disease, lowered immunity due to disease or treatment (such as HIV infection, steroid medication, chemotherapy or radiotherapy); rheumatoid arthritis, lupus or psoriasis; have had an organ transplant; had a stroke or a transient ischaemic attack (TIA); a neurological or muscle wasting condition; a severe or profound learning disability; a problem with your spleen, eg sickle cell disease, or you have had your spleen removed; are seriously overweight (BMI of 40 and above); are severely mentally ill.

