

## COVID-19: Vaccine Booster Anxiety

According to the UK Government's statistics, almost 43 million people have now been fully vaccinated and 91 million people have had their first dose of the Covid-19 vaccination. However, it has since been shared in the media that there may be the need for a third booster in order for the vaccination to remain effective.

### Phase 3: Who will need a third booster and when?

The most vulnerable people to Covid-19 could be offered a third booster of the vaccination from September 2021, this is known as 'Phase 3' of the vaccination programme. This is to protect people at the beginning of winter from any new variants that could spread, following the advice from the Joint Committee on Vaccination and Immunisation. This programme will take place alongside the flu vaccination programme that occurs before the winter months.

**Stage 1.** The following people should be offered a third COVID-19 booster vaccine and the annual influenza vaccine as soon as possible from September 2021:

- Adults aged 16 years and over who are immunosuppressed.
- Those living in residential care homes for older adults.
- All adults aged 70 years or over.
- Adults aged 16 years and over who are considered clinically extremely vulnerable.
- Frontline health and social care workers.

**Stage 2.** The following people should be offered a third COVID-19 booster vaccine as soon as practicable after stage 1 with equal emphasis on deployment of the influenza vaccine where eligible:

- All adults aged 50 years and over.
- All adults aged 16 to 49 years who are in an influenza or COVID-19 at-risk group as outlined in the Green Book.
- Adult household contacts of immunosuppressed individuals.

### Should you feel anxious about getting the vaccine?

The Covid-19 vaccine seems to be the topic of a lot of conversations across the world right now. With these discussions, comes fake news, varied opinions and anxiety. Here are some tips to help reduce anxiety when booking and attending your vaccination booster:

1. Focus on and remember why you are choosing to get the Covid-19 vaccine.

The vaccine could save lives and could save your own. It has been rigorously tested and has been had by millions of others across the UK for these reasons. Getting the vaccine could benefit your friends, family and the wider community in remaining safe from Covid-19.

2. If you are feeling anxious, use breathing techniques to calm down.
3. Talk to your GP about the vaccine.

A GP will know exactly about the production process of the vaccine and any side effects that may occur. They can also explain how to book your vaccine and what to expect when you attend your appointment.

4. Remember that having the vaccine is your choice and is not compulsory, you can take your time with your decision.

## Care first can help support you

If you are feeling anxious and in need of support, you can call the Care first Freephone line as much as you like, at any time. The line is open 24 hours a day, 7 days a week, every day of the year. Our Lifestyle website can also provide support and can provide access to our online counselling service. In addition to this, the website has a Covid-19 section full of useful webinars and articles for you to explore.

## More information

If you would like to hear more about this topic, please join our live Webinar on 'Covid-19: **Vaccination Booster Anxiety**' on **Thursday 9th September** at 12:00pm-12:30pm. To register, please use the following link –

<https://attendee.gotowebinar.com/register/7592687858485884688>

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.

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