According to the UK Government’s statistics, almost 51 million people in the UK have now received their first dose of the Covid-19 vaccination, just over 46 million of these people have gone on to have their second dose. The third or booster dose has been distributed to more than 13 million people.

Who will need a third booster and when?
The most vulnerable people to Covid-19 have been offered a third booster of the vaccination, this is known as ‘Phase 3’ of the vaccination programme. This is to protect people throughout 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 and during the winter months.

The COVID-19 booster vaccine and the annual influenza vaccine is being offered to:

- Adults aged 16 years and over who are immunosuppressed.
- Those living in residential care homes for older adults.
- All adults aged 40 years and over.
- Adults aged 16 years and over who are considered clinically extremely vulnerable.
- Frontline health and social care workers.

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 Wednesday 24th November at 12:00pm-12:30pm. To register, please use the following link –

https://attendee.gotowebinar.com/register/5679780619888020494

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.