



## Oldham Community Champions COVID-19 Vaccination Fact Sheet – July 2021

**The coronavirus (COVID-19) vaccines are safe and effective. They give you the best protection against COVID-19.**

As of 8 July, there have been 142,950 (73.3%) of Oldham residents aged 18 or over vaccinated with their first dose and 109,654 (56.2%) with their second dose.

### Who can get a COVID-19 vaccine?

- All adults aged 18 or over can now get vaccinated against COVID-19.
- You do not need to wait to be contacted by the NHS.
- If you were contacted but have not booked your appointments, you're still eligible and can book your appointments or walk-in to a local vaccination centre.

### How to get your COVID-19 vaccine?

The COVID-19 vaccines currently available are given in 2 doses. You usually have the second dose 8 to 12 weeks after the first dose. To get your vaccine you can:

- [book your COVID-19 vaccination appointments online](#) for an appointment at a vaccination centre or pharmacy
- Walk-in, no appointment needed, to one of [Oldham's Walk-in community Vaccination Clinics](#) for 1<sup>st</sup> dose and 2<sup>nd</sup> dose.

If you have difficulties communicating or hearing, or are a British Sign Language (BSL) user, you can use textphone 18001 119 or the [NHS 119 BSL interpreter service](#).

### Booking your second dose

You'll need to book a second dose for 8 to 12 weeks after your first dose.

- If you book online, you'll be asked to book appointments for both doses. You can [manage your COVID-19 vaccination appointments](#) to view your appointments and rebook if you need to.
- If you have your first dose at a walk-in vaccination site, you can [book your 2nd COVID-19 vaccination appointment online](#). You'll need to wait 24 hours after your first dose before you can book.
- If you have had your first dose through your GP surgery, you'll be contacted when it's time to book your second dose.

# Types of COVID-19 vaccine

The COVID-19 vaccines currently approved for use in the UK are:

- Pfizer/BioNTech vaccine – this is the main one being used in Oldham
- Oxford/AstraZeneca vaccine
- Moderna vaccine
- Janssen vaccine (available later this year)

## Which vaccine will I get?

You cannot usually choose which vaccine you have. When you book, you'll only be offered appointments for vaccines that are suitable for you.

- Most of the Vaccines that are available in Oldham now are the Pfizer/BioNTech vaccine
- Most people can have any of the COVID-19 vaccines, but some people are only offered certain vaccines. For example, if you're pregnant or under 40 you'll usually only be offered appointments for the Pfizer/BioNTech or Moderna vaccines.
- You should have the same vaccine for both doses, unless you had serious side effects (such as a serious allergic reaction) after your first dose.

## How well do the COVID-19 vaccines work?

Anyone who gets COVID-19 can become seriously ill or have long-term effects ([long COVID](#)). The COVID-19 vaccines are the best way to protect yourself and others.

Research has shown the vaccines help:

- reduce your risk of getting seriously ill or dying from COVID-19
- reduce your risk of catching or spreading COVID-19
- protect against COVID-19 variants

The first dose should give you some protection from 3 or 4 weeks after you've had it. But you need two doses for stronger and longer-lasting protection.

There is a chance you might still get or spread COVID-19 even if you have a vaccine, so it's important to continue to follow all [social distancing guidance](#).

## Why else should I get a COVID-19 vaccine?

There are other benefits to getting your Covid-19 Vaccines done, in addition to the protection it gives you from the virus.

- **Travelling Abroad** – You need to be able to show that you have had both your vaccines before you are able to travel outside of the UK, whether that's for a holiday, or to visit your family.
- **No more isolating!** – From 16 August 2021 if you have had your double jabs or you are under 18s will no longer need to self-isolate if you are identified as a close contact of someone with COVID-19 (As long as you get a test and a negative test result!)

# Myth Busters

## MYTH: COVID is no more dangerous than the flu



**TRUTH:** COVID kills up to 10x more than flu.

Research at John Hopkins University indicates that COVID is more fatal, impacts more people for longer (up to 30 days) and spreads faster than the flu.

Claiming that COVID is no more dangerous than the flu trivialises the destruction this virus has brought to many lives.



[E] covid@britishima.org [I] The final decision is always the responsibility of the individual [Ref] <https://bit.ly/3pCKSyw>

## MYTH: The COVID vaccine ingredients are Haram



**TRUTH:** The Pfizer-Biontech vaccine contains no animal ingredients at all.

Declaring a product Halal or Haram is a call for Islamic scholars who have studied on this for years. The simple presence of a particular ingredient is not the only factor taken into account.

Most previous vaccines, including the Pfizer-Biontech vaccine, have been declared halal by the majority of scholarly bodies worldwide.



[E] covid@britishima.org [I] The final decision is always the responsibility of the individual [Ref] <https://bit.ly/3pRTdr>

## MYTH: The vaccine was approved too quickly to be safe



**TRUTH:** The speed of approval was mainly due to cutting red tape rather than cutting corners.

There has been unprecedented worldwide scientific collaboration and funding to create the COVID vaccine. This global effort has allowed scientists to work at record speed, and complete years of work in months.



## MYTH: COVID vaccine causes irreversible side effects



**TRUTH:** There have been cases of an extremely rare specific type of blood clot with low platelets. The advice for certain groups and ages of the population has been updated.

Although the risk of these type of severe complications is rare, the guidance has been updated to ensure younger and healthier individuals have access to vaccines which provide a better benefit to risk profile.



[E] covid@britishima.org [I] The final decision is always the responsibility of the individual [Ref] <https://bit.ly/3ZLFR1>

## MYTH: The vaccine may modify your DNA



**TRUTH:** There is no way that RNA can change the DNA of anyone.

The COVID vaccine uses mRNA technology. The mRNA vaccine teaches our cells to make a protein that triggers a protective immune response. The mRNA is broken down soon after it enters the body.

mRNA never enters the nucleus of the cell, where our DNA is kept.



[E] covid@britishima.org [I] The final decision is always the responsibility of the individual [Ref] <https://bit.ly/3pQ2H4M>

## MYTH: Vaccines are being used to chip and track the population



**TRUTH:** Vaccines do not contain any chips or trackers for surveillance.

Independent authorities across the world from countries that compete with each other have approved the vaccine and not found any microchips.

The truth is that there are far easier ways to track the population (mobile phones/ bank cards etc) than biological trackers.



[E] covid@britishima.org [I] The final decision is always the responsibility of the individual [Ref] <https://bbc.in/3onwJzx>

**MYTH:** Vaccines are unsafe - that is why no pregnant women were in trials



**TRUTH:** Pregnant women and children are not usually included in initial trials.

Data from the United States, where around 90,000 pregnant women have been vaccinated mainly with mRNA vaccines such as the Pfizer-BioNTech and Moderna vaccines, have not raised any safety concerns.

The latest advice is that pregnant women should be offered the vaccines at the same time as the rest of the population, based on their age and clinical risk group.



BRITISH ISLAMIC  
MEDICAL ASSOCIATION

[E] covid@britishima.org [I] The final decision is always the responsibility of the individual [Ref] <https://bit.ly/3vHqzHg>

**MYTH:** COVID vaccines can make you infertile (unable to have children)



**TRUTH:** There is no evidence to suggest that the COVID vaccines cause infertility.

This myth started when a German epidemiologist suggested that the COVID vaccine would cause the body to make anti-Syncytin-1 antibodies. He admitted that there was no indication that this was the case.

A number of women who had the vaccine in the trial have since become pregnant.



BRITISH ISLAMIC  
MEDICAL ASSOCIATION

[E] covid@britishima.org [I] The final decision is always the responsibility of the individual [Ref] <https://wb.md/3sNvA5V>

**MYTH:** There's no point getting vaccinated due to new COVID strains



**TRUTH:** Latest research suggests that two doses of Pfizer-BioNTech or AstraZeneca vaccines are effective in protecting people from getting ill with the India variant.

The recent variants that have spread around that world are thought to be more transmissible than the early COVID-19 strains. We must all remain vigilant and ensure we protect ourselves and our loved ones.



BRITISH ISLAMIC  
MEDICAL ASSOCIATION

[E] covid@britishima.org [I] The final decision is always the responsibility of the individual [Ref] <https://bbc.in/3fQUJUG>

**MYTH:** The COVID vaccines can give you COVID



**TRUTH:** No. You cannot get COVID from the vaccine.

The COVID vaccines teach our immune systems how to recognise and fight the virus that causes COVID.

This process can cause side effects which are usually mild. The current vaccines cannot make you sick with COVID.



BRITISH ISLAMIC  
MEDICAL ASSOCIATION

[E] covid@britishima.org [I] The final decision is always the responsibility of the individual [Ref] <https://bit.ly/38Q85BW>

**MYTH:** Catching COVID after having the vaccine is proof they don't work



**TRUTH:** The immune system can take a number of days or weeks to generate an immune response before protection from the virus begins.

The COVID vaccine will reduce the chances of suffering from the serious complications of COVID.

No vaccine is 100% effective, so everyone should continue to take the recommended precautions to avoid infection.



BRITISH ISLAMIC  
MEDICAL ASSOCIATION

[E] covid@britishima.org [I] The final decision is always the responsibility of the individual [Ref] <https://bit.ly/3p9kBDn>

**MYTH:** Pharmaceutical companies are all evil so we can't trust them



**TRUTH:** The pharmaceutical industry has sometimes acted unethically but this does not mean we should reject everything they do.

The acceptability of a technology is not based purely on the ethical or moral track record of the individual companies involved e.g. social media, food, cars etc.

We take painkillers, antibiotics and chemotherapy medicines from the same companies.



BRITISH ISLAMIC  
MEDICAL ASSOCIATION

[E] covid@britishima.org [I] The final decision is always the responsibility of the individual [Ref] <https://bit.ly/2XUjNG3b>



## MYTH: You don't need vaccination if you already had COVID



**TRUTH:** We do not know how long protection remains after COVID infection, therefore having the vaccine is advised.

People infected with COVID are likely to be protected for some months but further research is required. These individuals could still transmit the virus to others.

The current advice is to wait 4 weeks after having COVID before having the vaccine.



BRITISH ISLAMIC MEDICAL ASSOCIATION

[E] covid@britishima.org [I] The final decision is always the responsibility of the individual [Ref] <https://bit.ly/3aBOWeT>

## MYTH: If I decide not to take the vaccine, it does not affect others



**TRUTH:** Your decisions don't just impact you but affect everyone, especially the most vulnerable and sick.

You are more likely to suffer with long COVID and severe complications if you do not have the vaccine. This will add pressure to the health service and have an effect on people who are suffering from other illnesses. It will also impact on your close ones who have to care for you during this period.



BRITISH ISLAMIC MEDICAL ASSOCIATION

[E] covid@britishima.org [I] The final decision is always the responsibility of the individual [Ref] <https://bit.ly/38SuCHu>

## MYTH: I'm young & low risk so the COVID vaccine isn't for me



**TRUTH:** In the last few weeks, adults aged 18 - 64 have accounted for 40% of daily COVID admissions to hospital.

Although the risk is higher with age and comorbidities, COVID can affect people of any age. COVID can cause long term complications and death. The vaccine is designed to reduce the risk of these disastrous consequences.



BRITISH ISLAMIC MEDICAL ASSOCIATION

[E] covid@britishima.org [I] The final decision is always the responsibility of the individual [Ref] <https://bbc.in/3q9bwt>

## MYTH: People are dying from the COVID-19 vaccines



**TRUTH:** There have been a small number of deaths reported following the administration of COVID-19 vaccines.

Vaccination and surveillance of large populations means that some people will experience a new illness or event following the vaccine. In many cases, this may be by chance.

The expected benefits of the vaccines in prevention of COVID and serious complications associated with COVID outweigh the risks. Guidance has been updated to ensure patients are offered the appropriate vaccines based on their risk profile.



BRITISH ISLAMIC MEDICAL ASSOCIATION

[E] covid@britishima.org [I] The final decision is always the responsibility of the individual [Ref] <https://bit.ly/39ZJFR>

## MYTH: There are health professionals who object to the COVID vaccine



**TRUTH:** The majority of health professionals, public health experts and scientists are promoting the COVID vaccines.

Scientists from around the world have come together to develop safe COVID vaccines that will help to save thousands of lives.

As with any profession, there will be a fringe minority who disagree with the consensus view. The arguments are rarely based on evidence.



BRITISH ISLAMIC MEDICAL ASSOCIATION

[E] covid@britishima.org [I] The final decision is always the responsibility of the individual [Ref] <https://bit.ly/2XkXTE>

## MYTH: A nurse took the COVID vaccine & died on camera



**TRUTH:** The nurse fainted. After recovering, she gave a press conference to say she has fainted previously when in pain.

The nurse recovered. The vaccines have been approved after analysis of safety data from clinical trials involving tens of thousands of patients.

Further data is now being collected from patients receiving the vaccine.



BRITISH ISLAMIC MEDICAL ASSOCIATION

[E] covid@britishima.org [I] The final decision is always the responsibility of the individual [Ref] <https://reut.rs/3didi>

## Want more information? See below

- [Dr Bal Duper - Everything you need to know about Oldham's vaccination programme](#)
- [Pregnancy, breastfeeding, fertility and coronavirus \(COVID-19\) vaccination](#)
- [Public Health England Video Guide for Women of Childbearing age and expectant mothers](#)
- [Health conditions and coronavirus \(COVID-19\) vaccination](#)
- [NHS COVID Pass for trial events and travel abroad](#)
- [Coronavirus vaccine Q&A in five South Asian languages](#)
- [Pennine Mencap - Learning Disability and Vaccine Video](#)
- [Dr Bal Duper – Where you can get your Vaccine in Oldham Video](#)