

Scottish autism

WHERE AUTISTIC PEOPLE
ARE VALUED

COVID-19 Vaccines

COVID-19 vaccines are now available and certain groups of people are now being offered these ([Groups can be found here.](#))

The purpose of the vaccines is to build up your immunity to COVID-19 so your body will fight it off more easily if you were to get it. This means reducing the risk of developing COVID-19 and making your symptoms milder if you do get it.

The vaccines itself does not cause COVID-19, however, it is possible to have caught COVID-19 before your appointment for your vaccines and not realise you have the symptoms until afterwards.

There are currently three different types of vaccines that have been approved for use, these are:

- Pfizer BioNTech
- Oxford AstraZeneca
- Moderna

There might be other vaccines that are approved for use over time.

All these vaccines are given in two doses. The second dose will be given sometime between 3-12 weeks after the first dose. You'll be advised when to return for your second dose.

The vaccines will be given as an injection in the upper arm and will only take a few minutes. You might want to wear practical clothing so it provides easy access to your upper arm.

If you are feeling anxious about receiving the vaccines then you can either contact the vaccine helpline on 0800 030 8013 or speak to your GP prior to the appointment to talk through what to expect. On the day of your appointment, you can also let the person giving you the vaccine know that you are feeling anxious. They will be understanding and can support you. You may also want to talk about what may help you to relax and other strategies of support (for example, listening to music, 'stimming').

Following the vaccines, you may experience some side effects, the most common being; tenderness, swelling and/or redness at the injection site, headache, muscle ache, feeling tired and a high temperature (37.8 degrees or more) which normally happens within 48 hours after receiving the vaccines. Further information about side effects can be found [here](#).

If you have a high temperature more than 48 hours after the vaccines or it lasts longer than 48 hours then you should self-isolate and follow the steps outlined by [Test and Protect](#).

We have answered some common questions about the vaccines in this [Q&A document](#).