

COVID-19 Vaccination

Easily readable information



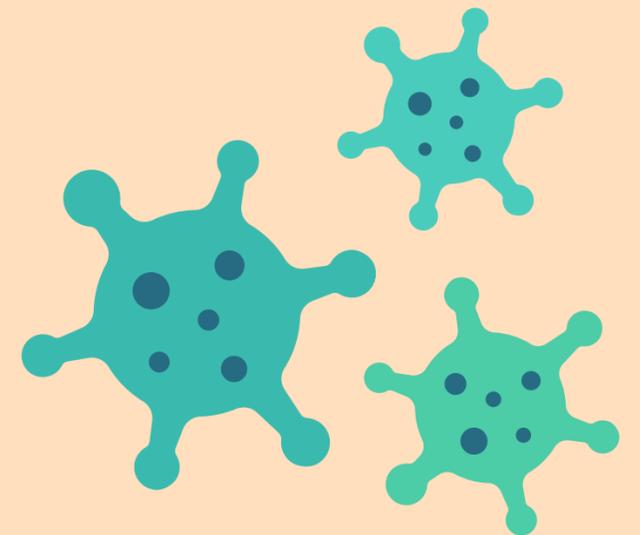
About this leaflet

This leaflet gives information on COVID protection shots.

The leaflet is prepared by Þroskahjálp (the National Association of Persons with Intellectual Disabilities) for the Directorate of Health.

It is prepared for persons who find it easier to access more easily readable material.

Some words used may be difficult to understand, and we have added a list at the end of the leaflet to explain their meaning.



What is COVID-19?

COVID is a virus that can make people very ill.
COVID is also very infectious (easy to catch).

Having COVID means that you may cough a lot, have a temperature or a cold, your bones may hurt or you may not properly taste food or smell normally.

Have a look on the website of Þroskahjálp (click [HERE](#)) if you want to find easily readable information on the coronavirus.

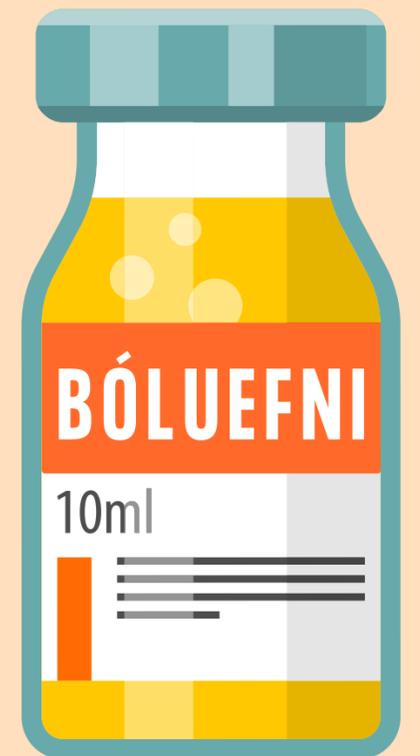


Vaccination

When we become ill, this is usually because bacteria or viruses manage to get into our bodies.

This makes us feel sick, but we usually are able to get well again soon. Some viruses and bacteria are very dangerous.

We receive vaccinations to protect us against many of these dangerous diseases when we are very young.

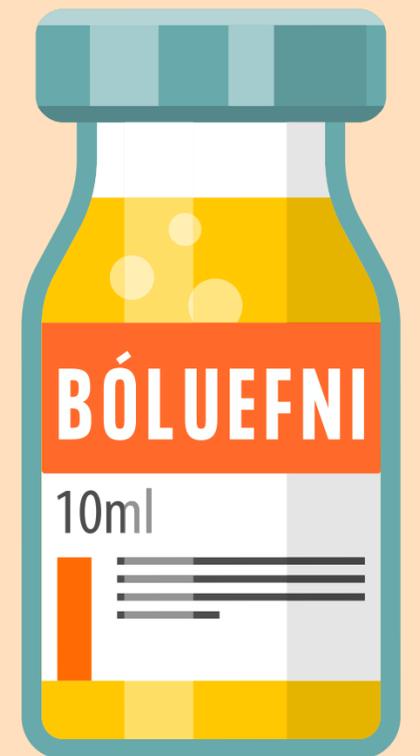


Vaccination, 2

Vaccinations work by giving us a weak version of the illness, so we are better able to recover.

This is done to make sure that our bodies know what we need to do to recover.

Our body can then fight the virus because it knows what to do.



Are vaccinations safe?

All vaccinations used in Iceland against COVID are safe and protect us from the virus.

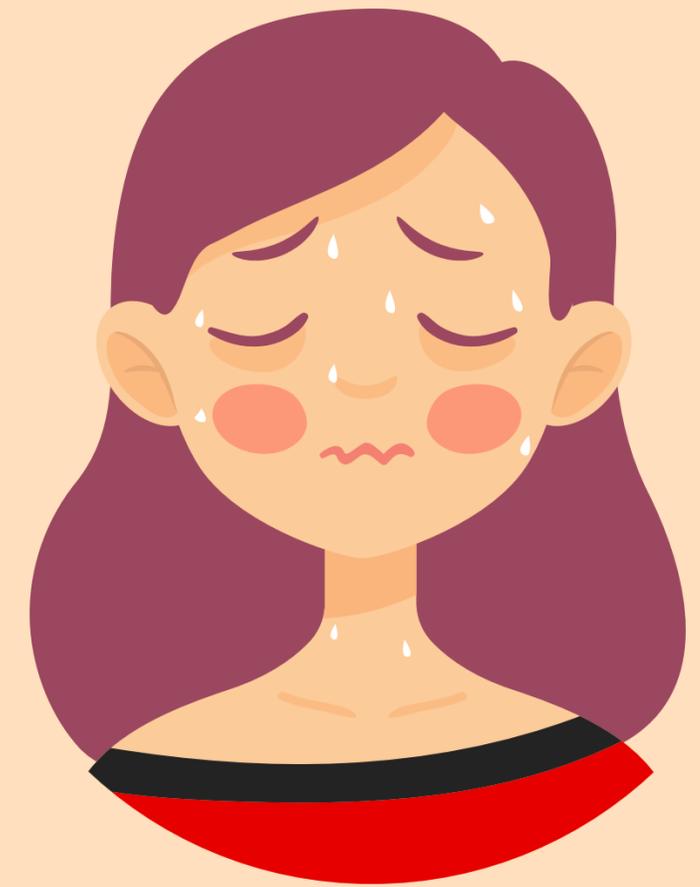
We vaccinate people to protect us and others.



Why do I need to be vaccinated?

Once a large part of us in Iceland have been vaccinated, we will no longer have to worry about COVID, as we will have herd immunity.

Herd immunity means that there are so many people that will not get ill that the disease will not spread.



Who will be vaccinated first?

The decision of who will be vaccinated first has been taken according to careful consideration about who need it the most.

The division of groups has been numbered from 1 to 10. You can see the groups by accessing covid.is/bolusetningar (click HERE) and then on Priority groups.



Vaccination, 1

Those who are to come to vaccination will receive a text message or other message stating when and where they need to come.

It will not be possible to book an appointment for a vaccination.

You will need to wear a facemask.

Wearing a short-sleeved t-shirt is a good idea to make it easier to be vaccinated.



Vaccination, 2

When you come for your vaccination, you will need to present the barcode you received by text message if possible.

See example of barcode on the right.

Remember to have personal ID if you do not have a smartphone or cannot present the barcode.



Vaccination, 3

The vaccination will be injected into your arm.

This is not very painful. A bit like being pinched in the arm and something that soon disappears.

Please let us know if you feel unwell or if you are scared.

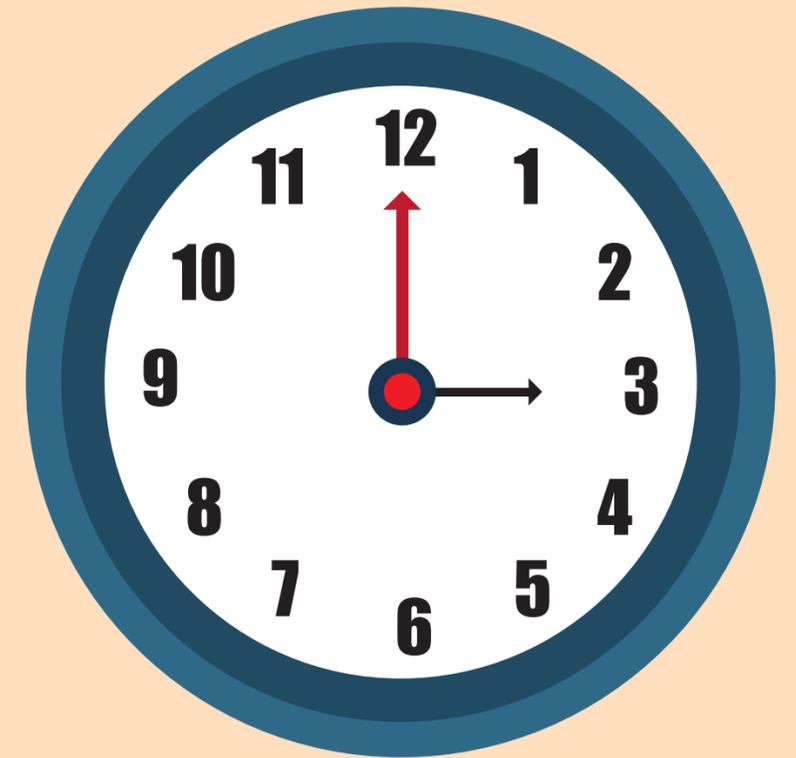


Vaccination, 4

After the vaccination, you will need to wait for 15 minutes so that we can make sure that you are all right.

You will need to have two shots.

There will be three weeks or more between shots.

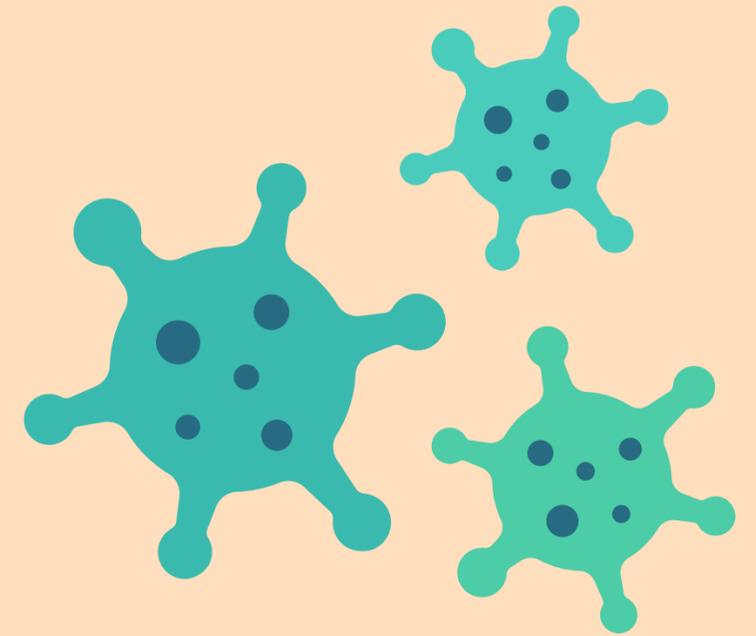


Side effects

Some people feel unwell after the shot.
These are called side effects.

This is because your body is having a look at
the COVID protection vaccine and learning
how to fight the virus.

This is not dangerous in most cases.



Minor side effects

It is common for people to:

- experience a fever,
- shivering.
- feel pain where the shot was made, become tired or weak.
- have stomach pains or a headache.

Do not worry about this and just rest.



Serious side effects

When should you call a doctor?

- If you are ill for more than 2 days.
- If the arm where you were vaccinated is swollen.
- If you have breathing difficulties or if your tongue or face swells.
- If you are feeling very bad.

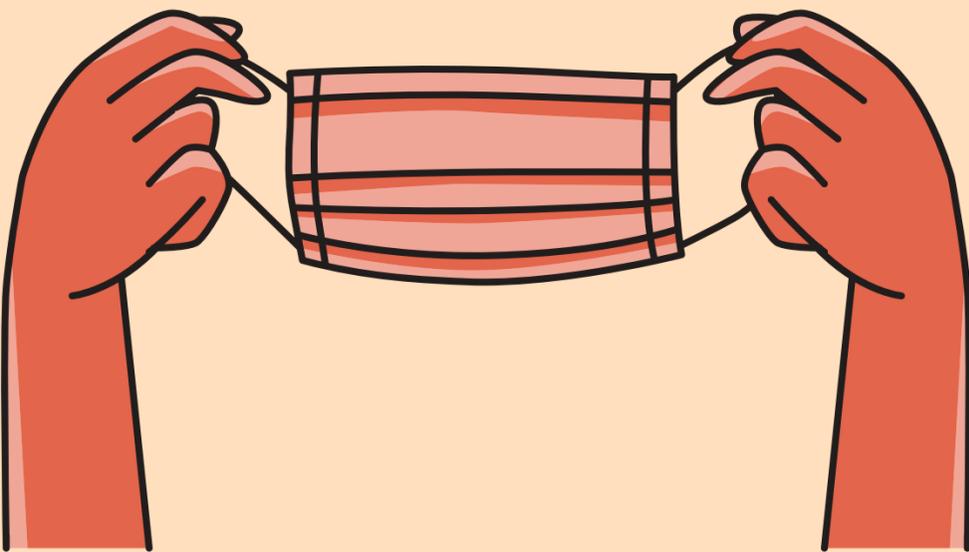
This, however, does not happen very often.



Life after vaccination

You will still need to follow infection prevention rules. This means using facemasks, washing hands and making sure not to stand too close to other people.

People who have been vaccinated against COVID are not likely to be infected, but we cannot be sure.



People who are infected after vaccination may infect others.

FAQs

I am pregnant / breastfeeding. Is it safe for me to be vaccinated?

Yes, it is safe, but you must make your own decision on whether to be vaccinated.

Will children be vaccinated?

No, not yet. They will be vaccinated as soon as we confirm that it works properly for children.

How much does the vaccination cost?

The vaccination is free.

FAQs, 2

When do I get vaccinated?

It is difficult to say when.

This is because we do not know how much of the vaccines Iceland will receive and when it will arrive.

You can see the order of vaccination on the website covid.is/bolusetningar (click [HERE](#)). The site shows where your group is in the line-up even if we cannot give a fixed date.

FAQs, 3

Do I have to have the vaccination?

No, not if you do not wish to. Everyone has the right to make their own decision. It is, however, important to protect you from the COVID virus, as it can be extremely dangerous.

If you do not wish to be vaccinated, for instance if you are afraid of shots, please talk to someone you trust or your rights protection officer.

Glossary

Virus: a tiny organism that causes illness or disease when it enters our body.

Vaccine/vaccination: medicine that we are given by injection to make sure we do not get sick. Small children are vaccinated to make sure that they are protected from dangerous diseases. Flu shots are also common. That is what a vaccine is.

Herd immunity: when most of the people in the country have been protected against a disease.

Immune: when you cannot be infected by a disease. This can be because you have already had the disease or because you have been vaccinated.

Barcode: barcodes are a line of vertical lines and numbers that computers can read. Each barcode is unique and unlike all other barcodes. Those who have an appointment to be vaccinated against COVID will receive a barcode by text message to ensure that no one else can receive their dose.

Personal ID: personal ID to make sure that you are you! Personal ID include e.g. a passport, driver's license or ID card.

Side effects: when the medicine we take makes us feel bad. Such as a fever or headache. Having side effects is usually not dangerous. A doctor will have to be called if you are very ill, swell up or find it difficult to breathe.

Infection prevention rules: rules that we set to make sure that we do not get infected with COVID.