

# COVID-19 Vaccination

Easily readable information  
Second edition, August 2021



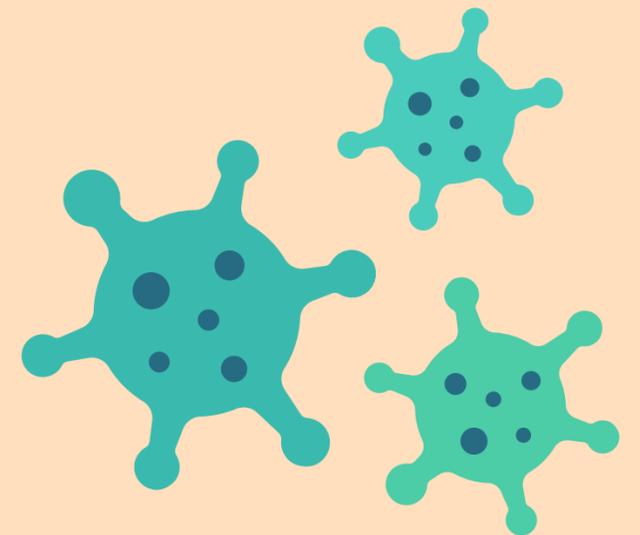
# About this leaflet

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.

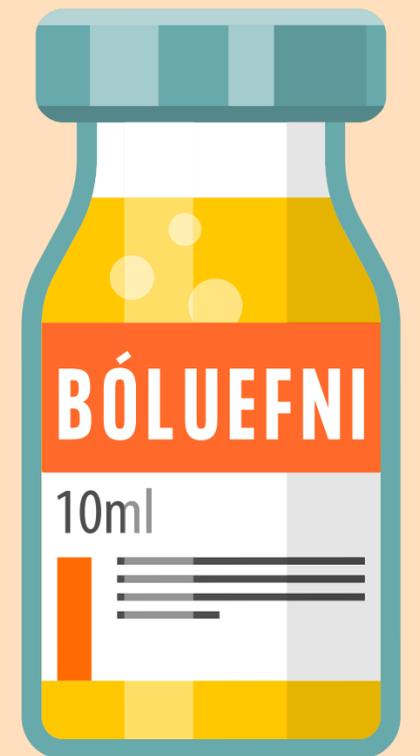


# Vaccination

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.

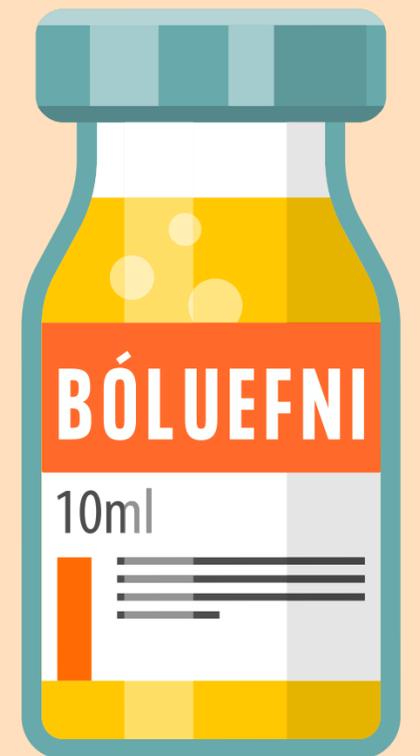


# Vaccination, 2

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?

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

We vaccinate people to protect us and others.

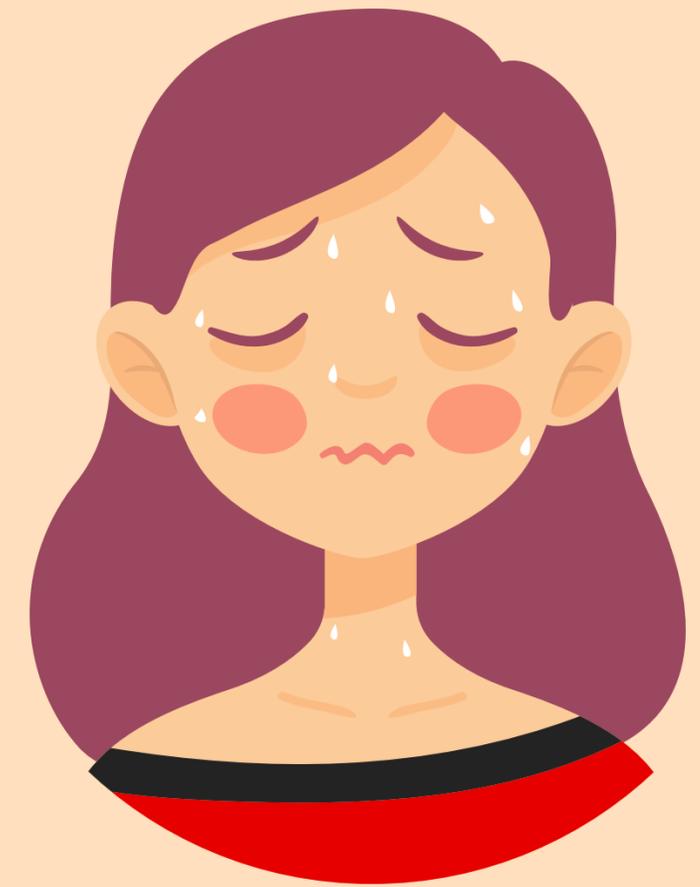


# Why do I need to be vaccinated?

It is less likely that you will get COVID if you are vaccinated.

The risk of getting very sick from COVID is lower if you are vaccinated.

It will have less effect on our society if a majority is vaccinated.



# Vaccination, 1

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

You will need to wear a face mask.

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



# Vaccination, 2

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When you come for your vaccination, you will need to show the barcode you have received by text message, if you can.

An example of a barcode is on the right.

Remember to have a personal ID if you do not have a smartphone or cannot show 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. It will soon be over.

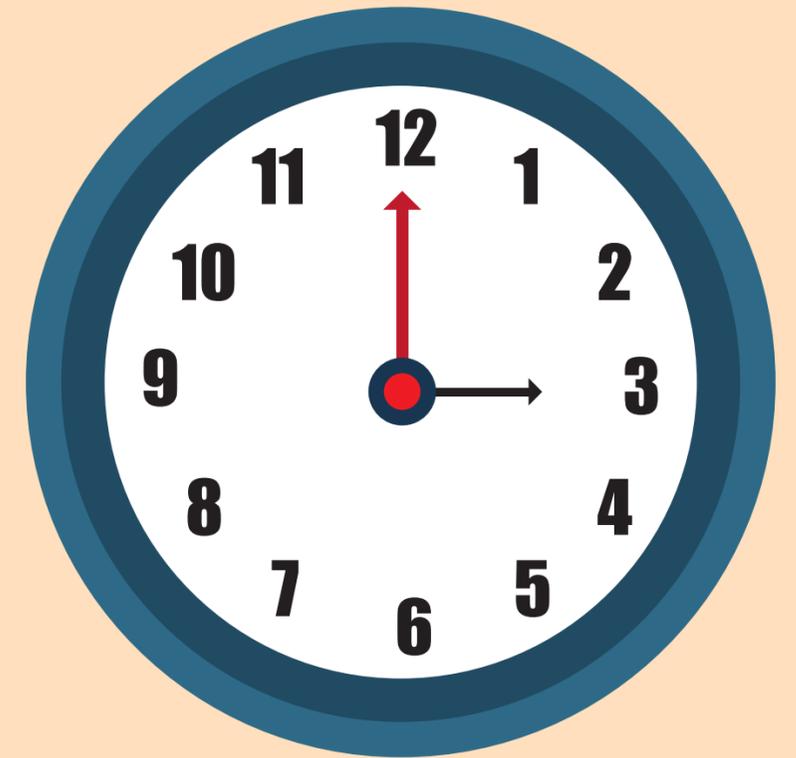
Please let us know if you are not feeling well or if you are scared.



# Vaccination, 4

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

Some people get 1 shot. Others get 2 shots. It depends on what vaccine you get.

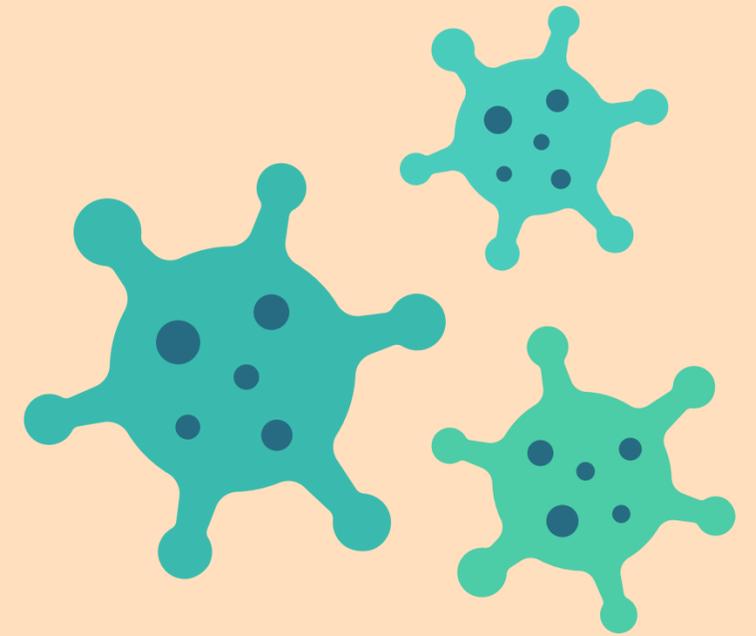


# Side effects

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.

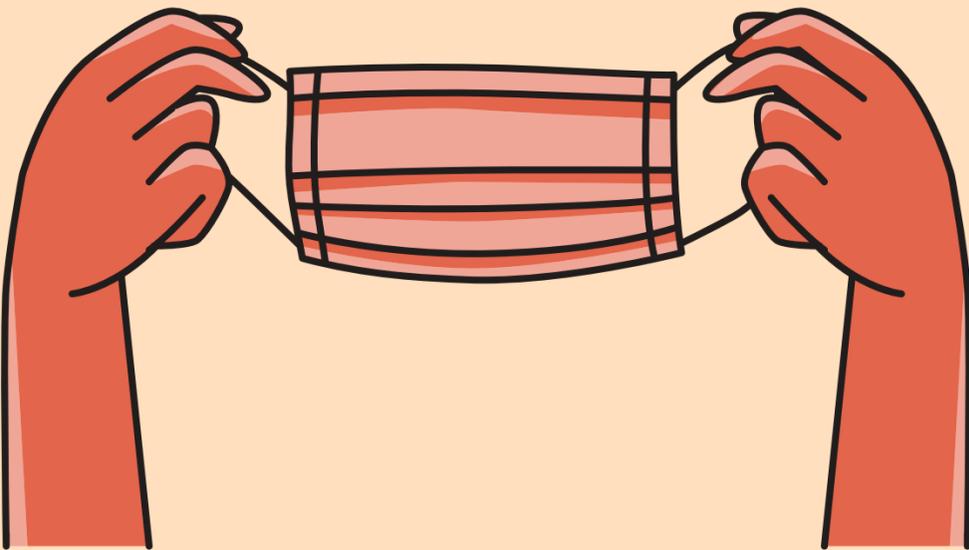
This does not happen very often.



# Life after vaccination

You will still need to follow the COVID 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 as likely to be infected, but we need to stay safe anyways.



# FAQs

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

Yes, it is safe. You need to decide for yourself if you are going to get the vaccination.

## **Will children be vaccinated?**

Yes, children aged 12 to 15 will be vaccinated. Nothing has been decided with younger children.

## **How much does the vaccination cost?**

The vaccination is free.

# FAQs, 2

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## **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

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**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.

**Immune:** when you can not or are less likely to 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.