

## Vaccination update for parents & carers of 12-15-year-olds

We are now in the sixth week of Cheshire East's COVID-19 vaccination programme for 12-15-year-olds. To date 4,720 children and young people have received the vaccination with consent from a parent or carer.

Within this update you will find the following information:

- Tips to share with children and young people on the day of their vaccination
- Information about local vaccination hubs offering the COVID-19 vaccination for 12-15-year-olds

## Tips to share with your children and young people on the day of their vaccination

We have included some simple steps below for children and young people to follow on the day of their vaccination:

- Don't forget to eat your breakfast on the day of your vaccine - it's the most important meal of the day.
- Wear a short sleeve shirt if possible - the nurse will give you the vaccine in the top of your arm. If you don't have a short sleeve shirt don't worry, you can roll your sleeve up or if you are wearing a fitted shirt your immuniser may ask you to loosen your tie and unbutton the top couple of buttons. This will enable the vaccination to be administered in the top of your arm.
- Wear a face mask or covering when you arrive for your vaccine\*.
- After having your vaccination, the nurse will give you an information leaflet to take away - please share this with your parent/carer. You will also receive your vaccination record card. It's important that you keep this in a safe place.

*\*Exemptions apply.*

## Local hubs offering the COVID-19 vaccination for 12-15-year-olds

If your child has missed the opportunity to receive their vaccination at school, parents and carers can now book the vaccine online: <http://nhs.uk/CovidVaccine>

Local vaccination hubs are based in:

- Crewe
- Nantwich
- Northwich
- Macclesfield
- Manchester
- Winsford

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book the COVID-19  
vaccine online!

