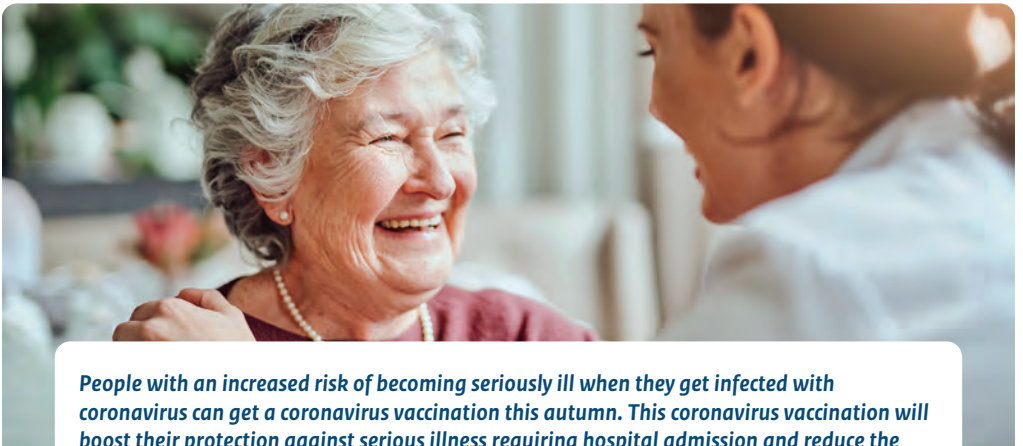




Ministerie van Volksgezondheid,
Welzijn en Sport

People with an increased risk can get a coronavirus vaccination this autumn



People with an increased risk of becoming seriously ill when they get infected with coronavirus can get a coronavirus vaccination this autumn. This coronavirus vaccination will boost their protection against serious illness requiring hospital admission and reduce the risk of death due to coronavirus. This is important because coronavirus is still circulating and may flare up again. Health professionals with direct contacts with patients and/or clients can also get the coronavirus vaccination.

For more information, visit

mijnvraagovercorona.nl/en

or call 1400.

People who are offered a coronavirus vaccination:

- People aged 60 and over;
- People aged 18 through to 59 who are annually invited to get the influenza vaccination (such as those with cardiovascular disease, diabetes or a lung disorder);
- Adults and children from groups with a high medical risk (such as those with a severe immune disorder);
- Pregnant women. The coronavirus vaccination protects expectant mothers against serious illness due to coronavirus and reduces the risk of premature birth;
- Health professionals with direct contacts with patients and/or clients.

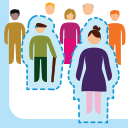
People outside these target groups may also be able to get the coronavirus vaccination on a case-by-case basis. For example, people with a family member who is in vulnerable health.



Invitation letter or make an appointment yourself

- People aged 60 or over will receive an invitation letter for the coronavirus vaccination from RIVM on 19 September or later.
- People aged 18 through to 59 who are annually invited to get the influenza vaccination, health professionals and pregnant women will not receive an invitation letter. If you fall in any of these categories, you will have to make an appointment yourself with the GGD. Starting from mid-October, you will be able to make an appointment online 24/7 with your DigiD at planjeprik.nl or by phone during office hours on **0800 7070**.

The GGD will give the coronavirus vaccination until the end of December 2023. For pregnant women, the coronavirus vaccination will remain available throughout the whole of 2024. That will also be the case for adults and children from groups with a high medical risk with a physician's referral for a coronavirus vaccination.



Why a coronavirus vaccination in the autumn?

A coronavirus vaccination boosts your protection ahead of the winter months. Although coronavirus can flare up throughout the year, it will probably have the biggest impact in the winter months. This is because in winter many other viruses, such as those causing the common cold and influenza viruses, are also circulating. Viruses spread more quickly in the winter months, because they spread through the air when people talk, cough or sneeze, and in the winter months, windows and doors are kept shut longer and people spend more time together indoors.

Coronavirus vaccination is not necessary for everyone

It is not necessary for everyone in the Netherlands to get a coronavirus vaccination, as a broad level of protection against coronavirus has been built up in the population, through vaccination, past infection with coronavirus or a combination of the two. In addition, the Omicron variant of coronavirus causes less severe illness.

Vaccination is voluntary

It is up to you to decide whether you get the vaccination. Vaccination is not mandatory. We advise that you inform yourself properly so that you can make the decision that is right for you.

Good to know:

- The latest available vaccine is used for the coronavirus vaccination.
- The vaccination is free.
- The vaccine will be injected in your upper arm.
- If any of the following happens, you should make a new appointment at planjeprik.nl/afspraak:
 - you fall ill or get a fever before your vaccination appointment;
 - you get symptoms that may point to an infection with coronavirus;
 - you missed your vaccination appointment.



Risk of short-term side effects

There is a risk of side effects after every vaccination, including the coronavirus vaccination. This is because the vaccine triggers your body's immune response. This immune response provides protection against coronavirus but it can also cause other symptoms. As with the influenza vaccination, most of these side effects disappear within one to three days.

The following side effects are common:

- pain in the arm where you had the jab
- headache
- fatigue
- muscle pain
- fever

If you have a lot of pain or a high fever, you can take paracetamol.

If you experience more severe or longer-lasting side effects after getting vaccinated, please report these to Lareb at www.mijnbijwerking.nl.

If you have any concerns about your health, you should always contact your GP.



Protect people in vulnerable health and yourself

It is important that you continue to follow the advice to prevent respiratory infections, in order to protect people in vulnerable health and yourself. Do you have symptoms associated with respiratory infections, such as a cough, sneezing, a sore throat or a runny nose?

- Stay at home when you are ill.
- If your symptoms are mild, discuss with your employer whether you can work from home.
- If you have symptoms, avoid physical contact with people who may become seriously ill from a respiratory infection. If you cannot avoid physical contact, for example because you are an informal carer, you should wear a face mask.
- Cough and sneeze into the crook of your elbow and wash your hands thoroughly and often with soap and water, even if you have no symptoms.
- Make sure that all rooms are properly ventilated.