

Before the COVID-19 vaccination

Why should I be vaccinated?

- People who are vaccinated have a much lower chance of catching Covid-19, of getting seriously ill if they do catch the virus, and of passing the virus on to other people.
- The vaccine is free.

What are the things I need to know about the vaccine?

- You will need two injections, several weeks apart.
- There are different brands of Covid vaccines, which need different gaps between injections.
- In most cases six weeks is now the preferred interval (Astra Zeneca 6-12 week gap; Pfizer 3-6 weeks)
- **It is very important that you get the same brand for both injections.**
- **We strongly recommend you return here for your second injection. We can book that appointment today.**

What are the risks, issues and side effects

- Most side effects are mild and do not last long. They can include a sore arm, headache, fever or feeling lethargic. If you are worried about any side-effects, please call your doctor.
- These vaccines are reasonably new and therefore there is less experience with them than with other medications and vaccines. We don't know everything about them yet. But we do know (from 200 years of experience with vaccines) that if major side effects occur, they usually appear in the first few weeks.
- Over 3 billion doses of vaccine have now been given and serious side effects have been very rare.
- The Astra Zeneca vaccine can rarely cause a condition called VIPIT which causes bleeding and clots in about 1 in 200,000 people and is fatal in less than 1 in a million people.
- VIPIT is more common in people younger than 60. If you are under 60, you should consider whether the Astra Zeneca vaccine is the best choice for you. You may wish to make an appointment with your usual GP to discuss your options.
- The Pfizer vaccine can very rarely cause inflammation in or around the heart muscle, mostly in young people. Whilst this is a serious condition, deaths are extremely rare.
- To check on side effects, you may get an SMS asking how you are feeling some days after the vaccine.

Can I still get COVID after being vaccinated?

- Yes, so it important to still follow the Victorian rules on activity and safe behaviour.
- Remember to socially distance (1.5m), to wash hands often, to wear a mask when required and, if you get any cold or flu symptoms, stay home and get a Covid-test. (We can help you with that at the Rowville Respiratory Clinic.)

Do I need to discuss this with anyone, or can I just get my injection now?

- If you answer Yes to any question on the consent form, you should discuss the vaccine with the doctor or nurse before getting the injection.
- If you have any other concerns or have any questions, please speak to the nurse. If she cannot help you, please ask to speak to the doctor.

What happens after I get vaccinated?

- You must wait 15 minutes after the vaccine so you can be watched for any immediate side effects. If you have a history of vaccine reactions or of anaphylaxis, you must wait 30 minutes.
- If this is your first Covid-19 vaccination, you should book now for your second injection. We can help you with this.
- If you get an SMS asking you about side effects, please respond as it helps us monitor how the vaccines are working across the community.

Before you get vaccinated, please complete the enrolment details and sign the consent form.

Then please turn the consent form over. Follow the instructions to use the QR code log-in.

We apologise that you are entering the same information several times – unfortunately there are three separate software systems that the government requires us to use for each patient - and they don't talk to each other!

You must wait at least 15 minutes after the injection before you may leave. If this is not possible, please do not get your vaccination today.

After your vaccination

This vaccine can prevent people from becoming ill from COVID-19. The vaccine does not contain any live virus, and it cannot give you COVID-19. After getting the vaccine, your body will learn to recognise and fight the Covid-19 virus.

As with any vaccine, you may have some side effects after receiving a COVID-19 vaccine.

Common side effects include:

- pain or swelling at the injection site
- muscle or joint pain
- tiredness
- chills
- headache
- fever

Less common side effects include:

- redness or itch at the injection site
- feeling unwell
- nausea
- pain in limb
- enlarged lymph nodes
- insomnia

These side effects are usually mild, appear one or two days after the injection and then usually go away within one or two days. If you experience pain at the injection site or fever, headaches or body aches after vaccination, you can take paracetamol (Panadol) or ibuprofen (Nurofen). These help reduce some symptoms. If there is swelling, you can use a cold compress.

Rare side effects that have been reported include:

- Severe allergic reaction (anaphylaxis). This usually happens within 15 minutes, which is why you must wait.
- Temporary one-sided facial drooping (also called Bell's palsy).

You should seek medical attention after vaccination if:

- You think you are having an allergic reaction. Call 000 if you experience severe symptoms, such as difficulty breathing, wheezing, a fast heartbeat or collapsing.
- You are worried about a potential side effect or have new or unexpected symptoms.
- You have an expected side effect of the vaccine which has not gone away after a few days.

For symptoms which are not urgent, you can see your regular healthcare provider (usually your GP).

If you had the Astra Zeneca vaccine be aware that there are extremely rare side effects which appear between 4 and 20 days after the vaccine. These are more common after the first dose. If you develop severe, persistent headache, blurred vision, abdominal or chest pain, shortness of breath, weakness in one arm or leg, or a pale, cold limb seek medical advice immediately. In very rare cases, these symptoms can mean you are suffering a potentially fatal blood clot reaction that needs urgent treatment.

If you had the Pfizer vaccine be aware that there are extremely rare side effects, which are more common after the second dose. If you develop chest pain or shortness of breath, you should seek medical advice immediately.

Vaccine safety monitoring and reporting side effects

Covid-19 vaccines are new so we are interested in hearing about all suspected side effects. These can be reported to the Victorian Health Department or directly to the Therapeutic Goods Administration (TGA). Please visit the TGA website www.tga.gov.au. If you are unable to do so, please speak to your GP or vaccination provider.

Covid testing after vaccination

Some side effects from COVID-19 vaccination might be similar to symptoms of COVID-19 (e.g. fever), though the vaccine does not contain any live virus and cannot cause COVID-19. You may not need to get a COVID-19 test and isolate if you develop general symptoms like fever, headache or tiredness in the first two days after vaccination and if you are sure that you don't have any respiratory symptoms (e.g. runny nose, cough, sore throat, loss of smell or loss of taste). However, you should check the current Victorian guidelines which may change often.

You may still need to get a COVID-19 test if you meet other criteria, e.g. you are a close contact of a known COVID-19 case. If in doubt, seek medical assessment.

Covid-19 Vaccination enrolment and consent form:

Patient Name _____
Patient Age _____ Date of Birth ____/____/____
Address _____
Suburb _____ PostCode _____
Mobile Phone _____ (home phone if no mobile)
Email address (Please print clearly) _____ (optional but helpful!)
Medicare Number _____ / ____ (reference number near your name)

Emergency Contact Person Name: _____ Phone: _____

Which is your usual GP practice? Wellness on Wellington Other _____

How do you qualify for a vaccine (eg age, occupation, medical condition?) _____

If this is your second Covid-vaccine: Where did you have the first vaccine? _____
When was the first injection? _____ Which brand was used then? _____
Did you have any side effects/reactions? Yes/No If Yes, what were they? _____

Privacy statement: By law, we have to report your vaccination to the Australian Immunisation Register (AIR). You can then view your vaccination record online on your Medicare, MyGov or MyHealthRecord account. For information on how your personal details are collected, stored and used visit health.gov.au/covid19-vaccines We also need your information to contact you for following up on side effects of your vaccination, confirming details of followup vaccinations and to provide other health services. By proceeding to have the vaccine, you consent to us submitting your data to the AIR, and to storing your data in our records for the purpose of managing your health including contacting you regarding future health needs. You can read our Privacy Policy at www.wellonwell.com.au.

Consent to receive COVID-19 vaccine – please tick each box and sign.

- I confirm I have received and understood the information provided to me on COVID-19 vaccination and received satisfactory answers to all my questions.
- I confirm that none of the conditions asked in the assessment questionnaire apply to me, or that I have discussed these and any other special circumstances with my regular health care provider or the vaccination service provider.
- I agree to receive a full course of COVID-19 vaccine (two doses of the same vaccine)
- I agree to wait for 15 minutes after the vaccine (or 30 minutes if advised by medical staff) before leaving.

Patient's signature: _____ Date ____/____/2021

Patient's name: _____

If the patient is not capable of signing for themselves, please complete this section

I am the patient's legal guardian or legal substitute decision-maker, and I agree to a course (two doses) of COVID-19 vaccination of the patient named above.

Parent/Legal guardian/substitute decision maker's signature: _____ Date ____/____/2021

Parent/Legal guardian/substitute decision maker's name _____

HOW TO USE THE CVIP LOG-IN SYSTEM

1. On your phone either go to <https://vaccines.digitalhealth.gov.au/checkin> or QR scan here



2. Enter your name
3. Enter your date of birth:
 - a. If using an Android phone – click directly on the “2021” to bring up a roll-menu of years, then scroll to your birth-month, then click on your birth date, then Set
 - b. If using an Apple phone – click on the down arrow; then click on the “Month 2021” at the top of the box, which will bring up roll-menus of months and years. Pick the month and year of birth, then choose your birth date, then OK
4. If you wish, enter your Gender.
5. Where it asks Type of ID, entering address is much quicker and easier than entering Medicare number:
 - a. If using an Android phone – click on the down arrow and then choose Address from the menu, then click Done
 - b. If using an Apple phone – click on the down arrow, choose Address from the roll menu at the bottom, then click Done

In all phone types, then enter your Postcode and click Done.
6. Scroll to bottom of page and Click Next

You have now logged in. You will receive a personal QR code on your phone.

PLEASE DO NOT CLICK “FINISH” AND DO NOT CLOSE THAT SCREEN AS YOU WILL HAVE TO RESTART!

When you see the doctor or nurse, please show us your QR code. We will record the CVIP number which is printed at the bottom of the QR code.

This will significantly speed up the process of finding your previous vaccination details and of entering the details of this vaccination into the Australian Immunisation Register.

ROWVILLE RESPIRATORY CLINIC

1101 Wellington Rd, Rowville 3178

Finalisation

You must wait in the waiting area for 15 minutes after your vaccination.

You can leave at _____

It is very important that you have a full course of two injections. If you have rebooked with us, you will get a text message with the date of your second vaccination.

If not, please rebook for your second injection:

In 6 - 12 weeks if you had Astra Zeneca - which will be: _____

In 3 - 6 weeks if you had Pfizer - which will be: _____

Please call us to change/cancel your booking if you cannot attend, so that we can use that appointment time for other people who need the vaccine.

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**Confirmation of Vaccination**

**Today, \_\_\_\_/\_\_\_\_/ 2021, \_\_\_\_\_ (patient name)  
attended the Rowville Respiratory Clinic and received their**

**first / second dose of AstraZenica Covid Vaccine. Batch No: 308966P**

**first /second dose of Pfizer Vaccine. Batch No:**

**Signed \_\_\_\_\_ on behalf of Rowville Respiratory Clinic**

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Rowville Respiratory Clinic

Advice on Covid-19 vaccinations in patients under the age of 60

Covid-19 is a dangerous infection and immunisation is the best way of protecting yourself against infection. Balanced against that, all medications and vaccines also carry some risks.

On April 8th, 2021 ATAGI (the Australian Technical Advisory Group on Immunisations – the expert body that advises on immunisation policy in Australia) announced a change in recommendation for use of Covid-19 vaccines.

It is now accepted that there is a small risk of a condition called TTS or VIPIT (*) which results in both bleeding and blood clots in people who receive the Astra Zeneca (AZ) vaccine. The condition develops between 4 and 20 days after the injection. Symptoms include severe, persistent headache, blurred vision, abdominal or chest pain, shortness of breath, weakness in one arm or leg, or a pale, cold limb.

The risk of TTS/VIPIT is very low – currently we estimate about 5 people out of every million who are vaccinated may develop the condition. However TTS / VIPIT is a very serious condition and perhaps 10% of people who get it may die. Even so the risk is low – one in 2 million chance of dying of the vaccine compared to seven in 2 million chance of dying in a car accident in the same time period.

The risk is greater in younger people, so those under the age of 60 should consider getting immunised with another vaccine if they can get it much quicker. If you are under 60, you might still consider getting the AZ vaccine now if you are considered at high risk of getting Covid or of serious complications if you get infected by the virus. In that case, the balance of benefits and risks between the virus and the vaccine may be such that getting the vaccine is the better option. **You should discuss this with your usual GP if you are not sure.**

For people over the age of 60, the current advice is that the risk of VIPIT is so low, whilst the risk of complications if you catch Covid is so high, that you should proceed with getting the AZ vaccine.

Importantly, anyone who has had a first dose of AZ vaccine without problems should certainly complete the course and get their second AZ shot in about 12 weeks. The risk of VIPIT is with the first shot.

For those under the age of 60 who need to get vaccinated, you will need to choose between the following options

- **Get the AZ vaccine and accept that there is a small risk of serious side effects.** (If you develop any significant symptoms like the ones listed above between 4 and 20 days after the vaccine, seek medical attention urgently. This is different to the common side-effects which develop 1-2 days after vaccination.)
- **Get the Pfizer vaccine but note that it is somewhat harder to get a booking.**
- **Get a Moderna vaccine from a pharmacy once they become available.**

The advice and information on Covid vaccines is now changing rapidly. We recommend that

- You subscribe to our email list (www.wellonwell.com.au and click the orange button) so that we can send you regular updates on Covid and other health related information as it evolves.
- You regularly read the ATAGI updates at www.health.gov.au

If you have any questions about the vaccine today please ask the doctor or nurse when you are seen.

We wish you good health!

* Both names mean blood clots with low platelets. TTS = thrombosis with thrombocytopenia. VIPIT = Vaccine induced Prothrombotic Immune Thrombocytopenia.