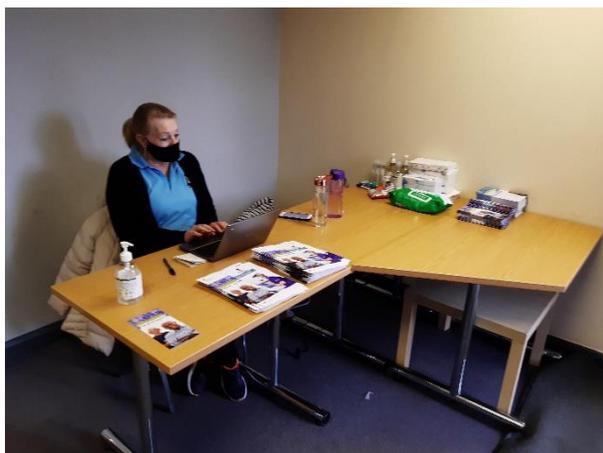


## Preparation for what to expect when you come to receive your COVID-19 vaccination.

When you arrive at the Hastings centre you will be able to identify the entrance by following the signs to the vaccination centre. The entrance looks like this.



If you are unable to wear a mask due to a sensory sensitivity you will need to inform your GP practice before attending the clinic. This is important as all people attending need to wear a mask unless we know in advance. Then we can make sure we look after you properly.

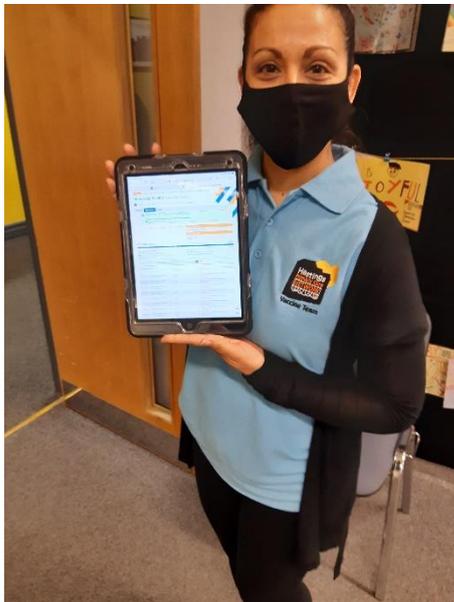


You will be greeted by a volunteer who will guide you into the centre down this corridor and you may be asked to sit on a chair and wait. If this happens the volunteer will tell you the maximum amount of time you may have to wait, or you may be able to go straight into the room where the vaccinations are taking place.



Another volunteer will ask you or your supporter if you have one for the following information

- Date of Birth
- Surname
- First name
- Address



The volunteer will record this information on an Ipad and then you will be directed to a desk where there is a computer and the person who is giving you your vaccination seated there. There will also be a second person who will be there to check everything is correct.

These people are clinicians, they may be health care workers, nurses or doctors. They will have a name badge.



There will be a screen for you to be behind if you prefer this.

There will be up to 5 other people having their vaccinations in the room at a similar desk to the one you will be seated at. The room is big enough for you all to have lots of space from one another and not be seen if you don't want to be.

If you need to have a room on your own this can be arranged by informing your GP practice prior to attending.

The clinician will ask you some questions including whether you are allergic to anything.

There will be a squeeze ball for you to hold and take home if you want to. If you want to bring in a personal object, de-stressor or fidget toy that is fine.

The vaccination takes a few seconds to be given but there is no pressure or hurry if you need longer.



There are two types of vaccine. One type requires you to wait for 15 minutes in a room before you go home. The room will be quiet and calm and you can bring something to do while you wait. We will tell you before your visit which type of vaccine you will receive so you will know whether you have to prepare for a 15 minute wait afterwards.

You can then leave the Hastings centre and you will be sent a date for the second dose of your vaccine in the future.

