

HAVING THE COVID VACCINE...

We hear from...

Emma Painter

Name: Emma Painter **Job Position:** Service Manager **Service:** Heather Holmes, Desborough, Northants

1/ Which vaccine did you have?

Oxford AstraZeneca.

2/ When did you have the vaccine?

Friday 15th January 2021.

3/ What were your feelings about having the vaccine beforehand? (E.g. Did you have any apprehensions, or did you feel positive about it, explain why?)

When I heard about the vaccine, my initial thoughts were, I am definitely NOT having that; it has not been in trials for long enough. My conspiracy theories kicked in and I thought the government would be able to track my every move. My Ops manager pointed out to me that my phone tracks my every move anyway (I hadn't considered that!)

Then I thought about the vulnerability of the people I am supporting and my duty of care to my family to keep them safe too. I also felt that if we are ever going to get rid of this virus, we ALL need to take responsibility to have the vaccine.

4/ Did you have any side effects?

Yes, on the first day I had a fuzzy headache. On the second day I had flu like symptoms and was poorly, so took myself to bed and had some paracetamol. On the third day my arm felt hot to touch and swollen. I also had diarrhoea, which only lasted a couple of hours.

5/ How do you feel now?

I feel back to normal now, no issues at all.

6/ What do you see as the benefits of having had the vaccine on a personal level and working in a social care environment?

I feel reassured that I have that level of protection, and

I am able to do my job without the fear of becoming too poorly. I also believe I am supporting the vulnerable people and my staff team to deliver a safe level of care.

7/ What would you say to someone who was thinking about whether or not they should have the vaccine?

We ALL have personal choice and some people need longer to make those decisions; however, I believe that we should ALL have the vaccine if we are ever to get rid of COVID.

8/ Anything else you would like to add?

For me, it was important to remember the side effects I was experiencing were due to the 'vaccine' and not because I had COVID - this helped me a lot, and the side effect do not last, so it is important NOT TO PANIC.

I think reassurance for those having the vaccine is also very important. I found that when I was making the decision myself, having a listening ear, really helped me. My initial reasoning seemed rational to me at the time and I was not made to feel ridiculous.

As a manager, I have tried to provide the same support to my team, enabling them to have opportunities to talk to me and discuss their concerns without making any demands or putting any pressure on them to have the vaccine.

I know that some of my team did have a fear of being very poorly, only for any side effects to last a couple of days and despite the side effects, each staff member has stated they are happy to have the second dose (so it can't be that bad!)



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