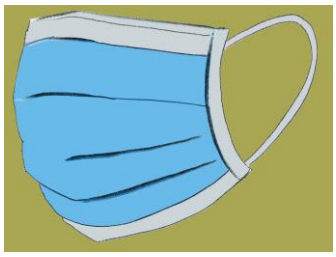
autism wellbeing

Tips for coping during the roll out of the Covid vaccination:

It is expected that a vaccination programme for Covid-19 will be rolled out across the UK from next week. Those people most at risk will be offered the vaccination first. These priority groups will be contacted by the NHS when it is their turn. Then the vaccine will be offered to other groups of people. The vaccination consists of 2 injections that are given 21 days apart.

Q. How can I find out more?

A. It is important to make sure we get accurate information about the vaccine. The news and social media will be full of opinions, facts, information, and inaccuracies – it can be difficult to know what to believe when there is so much information – and it changes so frequently. Use websites such as https://www.gov.uk/coronavirus and https://www.nhs.uk/conditions/coronavirus-covid-19/



Tips to help us cope with anxiety about the Covid-19 vaccination programme:

- It is natural that people feel a range of different emotions about the Covid-19 vaccine. These may include relief, anxiety, excitement, fear – and many more besides. Different people will feel different things – there is no right or wrong way to feel.
- Anxiety about when or where we will have the vaccine is natural. It may help to check on our local NHS and Council websites to see what their plans are. Activities that promote self and co-regulation can be beneficial to help us manage anxiety.
- Make time to plan self-care activities into your day.
- Limit time spent focusing on the news or social media if you find that you are becoming preoccupied with it.
- Identify strategies that are helpful for times when you are uncertain about things – identify routines, plans and dates that you have some control over, rather than focusing on the unknown.
- Create positive activities and events to look forward to.

Tips for coping with injections:

- If you have been asked to attend a centre for receiving the vaccine, take some items that help with regulating yourself – headphones, a toy, sunglasses etc.
- Explain to the staff what is helpful and what is not helpful when having an injection. E.g. you may not like light touch; you may not want to watch; you may want to be talked through what is happening; or you may prefer silence.
- It is natural for some people to feel anxious about injections – medical staff understand this and may have some tips too!