

**WE HAVE BOOKED YOU FOR YOUR COVID-19 VACCINE
AT THE HILLINGDON COMMUNITY VACCINE HUB- Ruislip Site**
Ruislip Young People's Centre, Bury St, Ruislip HA4 7SX

You have been given your appointment time and date
Please read through this important safety checklist



The Confederation
Hillingdon GP Practices

1 Ensure you are prepared

- If you have any **queries about the vaccine**, please refer to the official web links on *Page 3*
- Please view our '**Getting your Covid Vaccine in Hillingdon Video**' available at:
<https://www.screencast.com/t/9HpQiOrv>
- Address any further queries with your GP team **prior** to your vaccine appointment date
- Ensure you are available to attend for the 2nd course within 12 weeks of the 1st injection.
- **Please be aware of most frequently asked questions with answers compiled regarding the Pfizer/BioNTech COVID-19 vaccine and your allergies available at:**
<https://www.anaphylaxis.org.uk/covid-19-advice/pfizer-covid-19-vaccine-and-allergies/>

2 Cancel your appointment

- **Do not attend**
 - if you have had a **previous anaphylactic reaction** to any of the ingredients of the vaccines.
Pfizer ingredients: <https://www.gov.uk/government/publications/regulatory-approval-of-pfizer-biontech-vaccine-for-covid-19/information-for-healthcare-professionals-on-pfizerbiontech-covid-19-vaccine#ingredients>
AstraZeneca ingredients: <https://www.gov.uk/government/publications/regulatory-approval-of-covid-19-vaccine-astrazeneca/information-for-uk-recipients-on-covid-19-vaccine-astrazeneca>
 - if you have had **your flu vaccination** in the **last 7 days**
 - if you are **generally not feeling well** even if this is not from a Covid related illness
- **Do not attend**
 - if in the last 14 days (or since you were given your appointment), **you or your household or close contacts** have any of the following:
 - **symptoms** of fever (>37.8 C), cough, sore throat, loss of smell or taste, aches and pains, flu-like symptoms, and diarrhoea **OR**
 - have been **tested positive for COVID OR**
 - if you are **self-isolating**

Please contact your GP practice to cancel your appointment

3 Preparations before leaving home

- Ensure your mobile phone is **fully charged** overnight in case you need to be contacted
- **Shower** and change into **newly washed clothes**
 - Wear a **sleeveless top** or a **loose T-shirt/half-sleeve shirt** for easy **self-pulling** to allow quick vaccination. The sleeve should be loose enough to be pulled easily up to your **shoulder tip**
- Remember to take your **face covering/mask** (these will not be available at the centre) and it is a good idea to keep **spare** gloves, face covering/masks & hand gel in handbag or on yourself
- Before leaving go to the **toilet** as there will be no toilet facilities at the centre and **wash your hands** thoroughly
- Please **come alone** if possible. If an **attendant** is necessary to help you, then they must also strictly follow this safety checklist

4 Travelling & parking

TRANSPORT

- **Blue Badge** parking is available on site. There are **no parking facilities** at the Vaccine Centre other than for blue badge holders.
- **Bus stop H13 and 331** are outside the Vaccine Centre (tell the bus driver it's the **Youth Centre** stop)
- Take **extra precautions** if travelling by taxi or public transport

- Plan to **arrive no more than 5 minutes before** your allocated time. **Please take into account the 10-15 minute walk from the carparks**

PARKING

- There are **no parking facilities** on the site, other than **blue badge parking**. Car-parking options (see maps on page 2)
 - St Martins Approach** car park (HA4 8BD). Charges will apply (except Sundays)
 - Winston Churchill Theatre Care Park** (HA4 7QL). No charges but less spaces. **This car park offers a convenient walk way onto bury street for a short walk to our hub.**
- Weather and distance permitting, please **leave extra garments and items** securely in the car

5 Arriving at Covid Vaccine Centre

ENTERING

- From the moment you enter and until you leave, practice strict **social distancing** & keep your **mask on**. Your mask must always cover both your **mouth and nose**.
- On your arrival you will be greeted by the **Entrance Marshall** and directed to the booking station
- Make sure you use the **hand sanitiser**

BOOKING

- You will be guided by the Entrance Marshall to proceed towards **the booking post** where you
 - will have your temperature taken by the **Fever Check Marshall**
 - be asked questions to double check **your Covid infection risk**
 - confirm your **identity** and GP practice details

VACCINATION WAITING AREA

- After your booking you will be guided to the **vaccination booking area**
- Do not get close** to other waiting patients – they may be **vulnerable**
- Sit on the chair provided and **do not touch anything or wander** anywhere!
- In preparation **roll up the sleeve** of your preferred arm for vaccine

6 Having the vaccine

- You will be given the vaccine in upper, outer part of the arm (at shoulder level) of your **preferred arm**. If you have had shoulder or breast problems, it is recommended to have the vaccine in the **opposite arm**
- The vaccinator will ask you some **safety questions** but **will not have time** to explain any queries in detail (unless its urgent). You are strongly advised to address all your queries with your GP team **before attending**
- Inform the clinician if you are taking **blood thinners** (e.g. aspirin, clopidogrel, warfarin, apixaban, rivaroxaban, etc.). This does **not** mean you cannot have the vaccine. It means you will require a **plaster** over your injection site and will be advised to **apply hand pressure** on the injection area **for 7-10 minutes** to stop any possible bleeding to avoid it causing a muscle lump. Should that happen, it is harmless and will settle within days
- After your vaccination you will be directed to the **observation station** to wait for **15 minutes**

7 Leaving - follow the one-way walk-out flow system

- You will be directed out by the Marshal via the **one-way traffic flow system** which may be through a **different exit**. Please **gel your hands** on the way out. **Do not** approach other patients
- Once outside, please proceed to **leave the site**. **Do not** try to **re-enter** the centre. If there is something urgent please talk to the **marshal** outside who will help you
- Keep your mask on** until it is safe to remove once you have left the Vaccination Centre

THE VACCINE CENTRE

THE RUISLIP YOUNG PEOPLE'S CENTRE Bury St, Ruislip HA4 7SX

Hillingdon Community Vaccine Hub is based at the Ruislip Young People's Centre. It is off Bury Street on the opposite side of the Great Barn with its entrance adjacent to Mill Drive

PARKING OPTIONS

[1] WINSTON CHURCHILL THEATRE CAR PARK, Pinn Way, Ruislip HA4 7QL (**No charges but limited spaces**). The Winston Churchill Theatre is off Pinn Way and is 0.4 mile away from the Vaccine Centre. *Following signs to 'Bury Street' you will walk through a short walkway which will lead you in an efficient manner .A slow walk of 8-12 minutes*

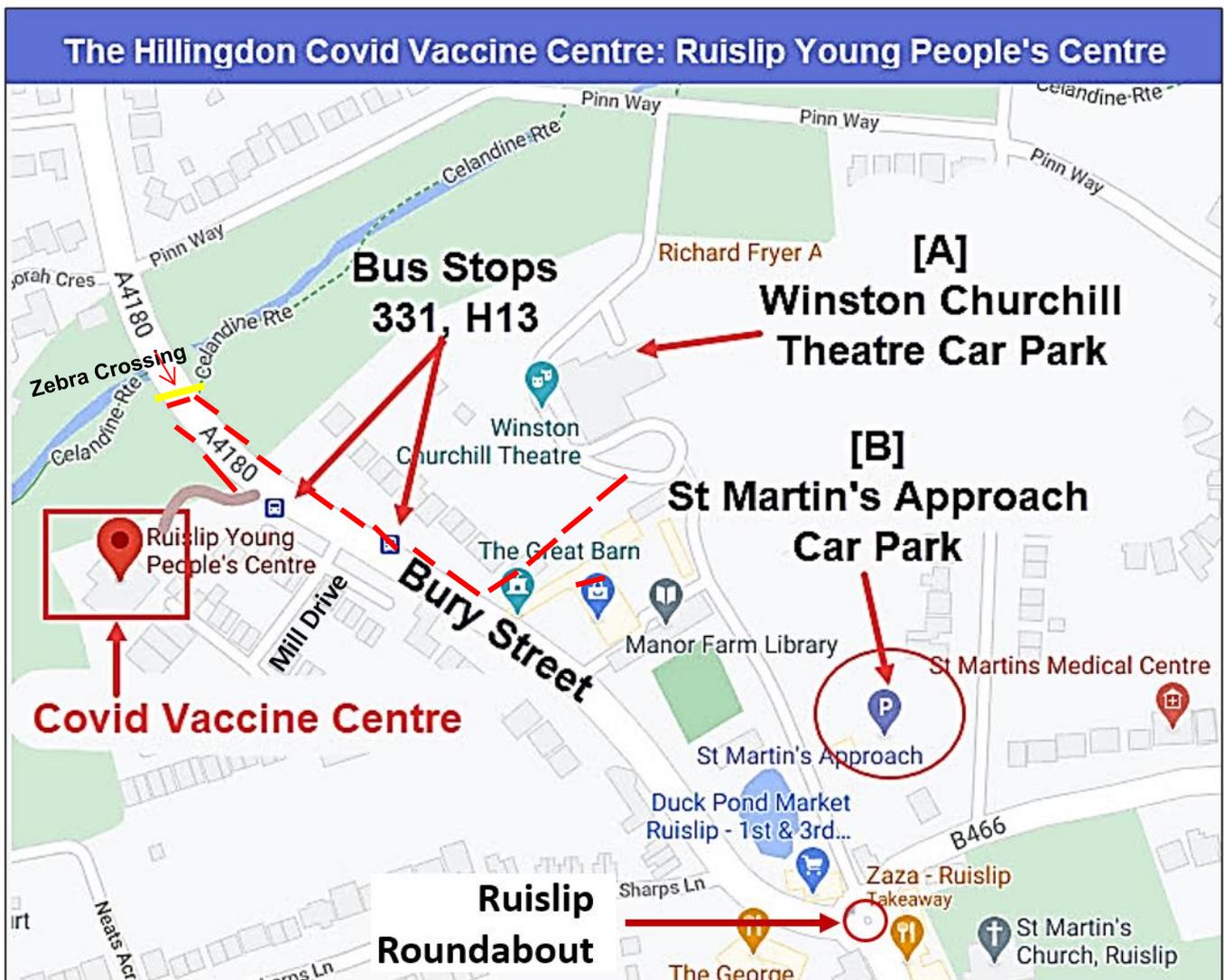
[2] ST MARTINS APPROACH CAR PARK (charges apply) St Martin's Approach, Ruislip, HA4 8BD
From the Ruislip roundabout, take Eastcote Rd (B466) and then at 60 yards take a left into St Martin's Approach. The car park is on the left. It is 0.4 mile away from the Vaccine Centre. A slow walk of 10-15 minutes

BUS STOP

There are bus stops (H13, 331) within 150m (164yds) of the venue
The nearest underground station is Ruislip (0.7 mile 15-25 minutes slow walk)

DISABILITY

There is a permanent handrailed ramp/slope of slight gradient to access in front of the entrance



MORE INFORMATION

Covid-19: Guidance on Covid-19 vaccine

[Coronavirus \(COVID-19\) vaccine - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Information for UK recipients on Pfizer/BioNTech COVID-19 vaccine

[Information for UK recipients on Pfizer/BioNTech COVID-19 vaccine - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

Covid-19: Guidance and Support

[Coronavirus \(COVID-19\): guidance and support - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

Covid-19: Guidance on Local Tiers

[Local restriction tiers: what you need to know - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

Covid-19: Guidance on Tier 3 (Very High Alert)

[Tier 3: Very High alert - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

Covid-19: Guidance on how to get tested

[Coronavirus \(COVID-19\): getting tested - GOV.UK \(www.gov.uk\)](https://www.gov.uk)



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