National Institute for Public Health
and the Environment
Ministry of Health, Welfare and Sport

The COVID-19 vaccine provides **additional protection** against serious illness as a result of COVID-19

The COVID-19 vaccine is available until 6 December 2024

People at a higher risk of falling seriously ill from COVID-19 will be able to get a COVID-19 vaccine in the autumn. The COVID-19 vaccine gives people additional protection against hospitalisation or death as a result of COVID-19. This is crucial, given that the virus is still around and can have a resurgence in the population.

People eligible for a COVID-19 vaccine

- People aged 60 and over.
- People between the age of 18 and 59 who receive an annual invitation to have the flu vaccine.
- Adults and children in medical at-risk groups (such as people with severe immune disorders).
- Care workers who are directly in contact with vulnerable patients.

The COVID-19 vaccine is also available to certain individuals outside of that target group, such as people who have a vulnerable family member or people getting a COVID-19 vaccine on the advice of their attending physician.

Invitation letter or appointment

- If you are 60 years or older, you will receive an invitation letter from the National Institute for Public Health and the Environment (RIVM) from 27 August.
- If you are between the ages of 18 to 59 and receive an invitation to get the flu vaccine each year, or if you work in healthcare, you will not receive an invitation letter. Instead, you will be able to set up an appointment with the Municipal Public Health Service (GGD) through planjeprik.nl or by phoning **0800 7070** during office hours.

The COVID-19 vaccine will be made available at the GGD until 6 December 2024.

Why get another COVID-19 vaccine?

COVID-19 is still around and can experience a resurgence in the population. The COVID-19 vaccine ensures you have better protection against falling seriously ill due to COVID-19.

Key information

- The COVID-19 vaccine provided is the BioNtech/Pfizer mRNA vaccine. The vaccine is safe and provides effective protection against serious illness as a result of COVID-19.
- The COVID-19 vaccine is free.
- It is up to you whether you wish to get the COVID-19 vaccine.

Potential side effects

Getting the COVID-19 vaccine entails potential side effects. These side effects are a normal physical reaction to the vaccine and mean that the body is creating a defence mechanism against COVID-19.

These are the most common symptoms:
- pain at the site of the injection;
- headache;
- fatigue;
- muscle ache;
- fever.

These symptoms will usually last for 1 to 3 days. Serious side effects rarely occur, if at all. If you have any concerns about your health, please always contact your attending physician/GP.

If you have had the COVID-19 vaccine and are experiencing symptoms are not consistent with mild or short-term side effects, please report them to Lareb at www.lareb.nl.

Protect people with vulnerable health

Respiratory infections are often caused by the flu virus, COVID-19 or another cold virus. This is why you should be extra cautious around people with vulnerable health whenever you have a respiratory infection. If you have symptoms that are consistent with a respiratory infection, such as coughing, sneezing, sore throat and a runny nose,

- you should stay at home.
- If you have mild symptoms, please consult with your employer about whether you can work from home.
- If you are experiencing symptoms, you should avoid any physical contact with people who can become seriously ill from a respiratory infection. If physical contact cannot be avoided, for example if you are an informal carer, you must wear a face mask.
- Cough and sneeze into your elbow and wash your hands with water and soap thoroughly and often, even if you are not experiencing symptoms.
- Make sure the space is well ventilated.

Want to find out more?

Go to: rivm.nl/coronaprik

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