

Dear Lyndoch Living Community,

COVID-19 Vaccination and you

Thank you for everything you do to help keep Lyndoch Living COVID-19 free.

As you may be aware, residents and team members within aged care homes will be among the first groups to receive the COVID-19 vaccine. While the vaccination is voluntary, it is important to remember that residents are some of the most vulnerable people in our community, and keeping our community safe is a shared responsibility.

The authorized Department of Health workforce will undertake the administration of the COVID-19 vaccine. While the Department of Health has yet to provide a confirmed date of when the vaccinations will occur, Lyndoch Living will work in partnership with them to coordinate the administration of the vaccine and will notify you when a date has been confirmed.

To enable you to be ready and informed about the COVID-19 vaccination, we have attached the following information sheets and a consent form:

- [What to expect on COVID-19 vaccination day at your residential aged care facility](#)
- [Consent form for COVID-19 vaccination](#)
- [After your COVID-19 vaccination](#)

Please read these documents, and if you have any questions, email us at living@lyndoch.org.au.

The COVID-19 vaccine is just one part of keeping our community safe and healthy. It is essential to continue COVIDSafe practices such as;

- wearing face masks,
- practicing good hand hygiene,
- physical distancing,
- staying home if you feel unwell and getting tested no matter how mild your symptoms.

Once again, we will inform you of the exact date once we have received confirmation from the Department of Health, and will send out any updated information as we receive it.

If you would like to receive future communications electronically, please sign up to our [mailing list](#), or connect with us via Facebook or Instagram.

May you and your family stay healthy and safe.

Kind regards,



Doreen Power
CEO



Australian Government



After your COVID-19 vaccination

About the vaccine

Today you have received the Comirnaty (Pfizer Australia Pty Ltd) vaccine.

This vaccine can prevent people from becoming ill from COVID-19. Comirnaty does not contain any live virus, and it cannot give you COVID-19. It contains the genetic code for an important part of the SARS-CoV-2 virus called the spike protein. After getting the vaccine, your body makes copies of the spike protein, and your immune system will learn to recognise and fight against the SARS-CoV-2 virus.

What to expect after vaccination

As with any vaccine, you may have some side effects after receiving a COVID-19 vaccine.

Common side effects after **Comirnaty** include:

- pain or swelling at the injection site
- tiredness
- headache
- muscle pain
- chills
- fever
- joint pain.

Less common side effects after **Comirnaty** include:

- redness at the injection site
- nausea
- enlarged lymph nodes
- feeling unwell
- pain in limb
- insomnia
- itching at the injection site.



These side effects are usually mild and usually go away within one or two days. If you experience pain at the injection site or fever, headaches or body aches after vaccination, you can take paracetamol or ibuprofen. These help reduce the above symptoms (you do not need to take paracetamol or ibuprofen before vaccination). If there is swelling at the injection site, you can use a cold compress.

Rare side effects that have been reported after **Comirnaty** are:

- Severe allergic reaction (anaphylaxis)
- Temporary one-sided facial drooping (also called Bell's palsy).

You should seek medical attention after vaccination if:

- You think you are having an allergic reaction. Call 000 if you experience severe symptoms, such as difficulty breathing, wheezing, a fast heartbeat or collapsing.
- You are worried about a potential side effect or have new or unexpected symptoms.
- You have an expected side effect of the vaccine which has not gone away after a few days.

For symptoms which are not urgent, you can see your regular healthcare provider (usually your GP).

Vaccine safety monitoring and reporting side effects

Suspected side effects can be reported to your vaccination provider or other healthcare professional. They will then make a formal report on your behalf to your state or territory health department or directly to the Therapeutic Goods Administration (TGA).

If you would prefer to report it yourself, please visit the [reporting suspected side effects associated with a COVID-19 vaccine webpage](#) on the TGA website and follow the directions on the page.

COVID-19 testing after vaccination

Some side effects from COVID-19 vaccination might be similar to symptoms of COVID-19 (e.g. fever), though Comirnaty does not contain any live virus and cannot cause COVID-19. You may not need to get a COVID-19 test or isolate if you develop general symptoms like fever, headache or tiredness in the first two days after vaccination and if you are sure that you don't have any respiratory symptoms (e.g. runny nose, cough, sore throat, loss of smell or loss of taste). However, you should check the current guidelines in your state/territory for the most up-to-date information. This advice may change in the event of a COVID-19 outbreak in your local area. You may still need to get a COVID-19 test if you meet other criteria, e.g. you are a close contact of a known COVID-19 case. If in doubt, seek medical assessment.

Remember your second appointment

It is important that you receive two doses of Comirnaty (Pfizer), at least three weeks apart. Maximum protection against COVID-19 will not occur until at least a week after your second dose.

How is the information you provide at your appointment used

For information on how your personal details are collected, stored and used visit <https://www.health.gov.au/covid19-vaccines>

Safe. Effective. Free.

WHAT TO EXPECT ON COVID-19 VACCINATION DAY AT YOUR RESIDENTIAL AGED CARE FACILITY

Information for residents, families, carers and loved ones

The Australian Government has a strategy to deliver COVID-19 vaccines to everyone living in Australia.

Residential aged care workers and residents will be among the first people who can choose to receive a COVID-19 vaccine. This is part of the first phase ([Phase 1a](#)) of [Australia's COVID-19 vaccine national roll-out strategy](#).

COVID-19 vaccination for residential aged care workers and residents will be done at residential aged care facilities. Your residential aged care facility will let you know when your vaccination day will be.

This document gives you, your family, carers and loved ones information about what you can expect in the lead up to, and on your vaccination day.



Before vaccination day

- The Australian Government will organise for vaccines to be delivered to your residential aged care facility.
- The Australian Government has also recruited a clinical workforce who will visit your residential aged care facility and administer the vaccine to residents and staff. These clinical workers will work very closely with your facility in the lead up to vaccination day to plan and make sure the vaccination day runs safely and efficiently.
- Your residential aged care facility will ask you, and your substitute decision maker (if one is in place), to consent to receiving the COVID-19 vaccine.
 - Information is available to you so you can make an informed decision about COVID-19 vaccination. If you haven't already been provided with this information by your facility, you can find a copy on the [Department of Health's website](#).
 - Before giving consent, you, your family, carers and decision makers can also choose to engage with clinical staff at your facility, a GP or other health professionals to discuss the benefits and risks of vaccination, and whether it is suitable for you to receive the COVID-19 vaccine.
- Clinical staff at your facility will check your health to make sure it is suitable for you to receive the vaccine. If your facility has any concerns about your health they will consult a GP. You can also choose to talk to your GP at any time about your health and COVID-19 vaccination.
- If you consent to receiving the COVID-19 vaccine your residential aged care facility will register you to receive the vaccine. Your facility will manage all of the arrangements for the vaccination day with the vaccine workforce.
- The COVID vaccine does not need to be prescribed for you by your GP.
- You have the right to access an aged care advocate. This service through OPAN is free, confidential and independent of the government and aged care providers. Aged Care Advocates in your state or territory are available on 1800 700 600 or at opan.com.au

On the day of vaccination

- If you intend to receive the vaccine, clinical staff at your facility will check to make sure you are well on vaccination day. If you develop a medical issue on the day of vaccination your residential aged care facility may consult with a GP to determine whether your vaccination can go ahead, or if it needs to be delayed until a later date.
- You may choose to have a support person come to your residential aged care facility on the vaccination day to help and support you. This could include someone to translate information or provide reassurance if you feel concerned.
- As with any vaccine, you may have some side effects after receiving a COVID-19 vaccine. Information about what to expect after your vaccination will be given to you by the clinical worker administering your vaccine. This information is also available on the [Department of Health's website](#).
- After your vaccination, staff at your residential aged care facility will be monitoring you closely. If you feel unwell after receiving your vaccine make sure you let them know.

Keep up to date with trusted information

You can find more information, including translated information on the Department of Health's [COVID-19 vaccines website](#). You can also subscribe to receive [COVID-19 vaccines updates](#).

You can also call the National Coronavirus Helpline on 1800 020 080, and ask for an interpreter if needed.

The [Older Persons Advocacy Network](#) (OPAN) is available if you want to talk about any issues or concerns you have in relation to COVID-19 or if you need help engaging with your aged care provider. Call 1800 237 981, 6am-10pm (AEDT), 7 days a week or email covid@opan.com.au.



Australian Government



Consent form for COVID-19 vaccination

About COVID-19 vaccination

People who have a COVID-19 vaccination have a much lower chance of getting sick from the disease called COVID-19.

The COVID-19 vaccination is free. You choose to have the vaccination or not.

To be vaccinated you will get a needle in your arm. You need to have the vaccination two times on different days. There are different brands of vaccine. You need to have the same brand of vaccine both times. The person giving you your vaccination will tell you when you need to have the second vaccination.

Medical experts have studied COVID-19 vaccines to make sure they are safe. Most side effects are mild and don't last for long. As with any vaccine or medicine, there may be rare and/or unknown side effects.

You can also tell your healthcare provider if you have any side effects like a sore arm, headache, fever or something else. If you have a side effect that worries you, please call your doctor. You may be contacted within the week after receiving the vaccine to see how you are feeling after vaccination.

Some people may still get COVID-19 after vaccination. So you must still follow public health precautions as required in your state or territory to stop the spread of COVID-19 including:

- keep your distance – stay at least 1.5 metres away from other people
- washing your hands often with soap and water, or use hand sanitiser
- wear a mask, if your state or territory has advised you should
- stay home if you are unwell with cold or flu-like symptoms and arrange to get a COVID-19 test.

Vaccination providers record all vaccinations on the Australian Immunisation Register, as required by Australian law. You can view your vaccination record online through your:

- Medicare account
- MyGov account
- MyHealthRecord account.



How is the information you provide at your appointment used

For information on how your personal details are collected, stored and used visit <https://www.health.gov.au/covid19-vaccines>

On the day you receive your vaccine

Before you get vaccinated, tell the person giving you the vaccination if you:

- Have any allergies, particularly anaphylaxis (a severe allergic reaction). An allergy is when you come near or in contact with something and your body reacts to it and you get sick very quickly. This may include things like an itchy rash, your tongue getting bigger, your breathing getting faster, you wheeze or your heart beating faster.
- If you have an Epi Pen or have had one before.
- If you are immunocompromised. This means that you have a weakened immune system that may make it harder for you to fight infections and other diseases. Sometimes a disease like diabetes or cancer can cause this or certain medicines or treatments you take, such as medicine for cancer.

Yes No

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have any serious allergies, particularly anaphylaxis, to anything, or carry or have been prescribed an adrenaline autoinjector (EpiPen)? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you had an allergic reaction after being vaccinated before? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you had COVID-19 before? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a bleeding disorder? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you take any medicine to thin your blood (an anticoagulant therapy)? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a weakened immune system (immunocompromised)? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you pregnant (having a baby) or think you might be pregnant? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you planning to get pregnant? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you breastfeeding? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you been sick with a cough, sore throat, fever or are feeling sick in another way? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you had a COVID-19 vaccination before? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have received any other vaccination in the last 14 days? |

Please talk to your doctor if you have any questions or concerns before getting your COVID-19 vaccination.

Patient information

Name:	
Medicare number:	
Date of birth:	
Address:	
Phone contact number:	
e-mail:	
Sex:	

Are you Aboriginal and/or Torres Strait Islander?

- Yes, Aboriginal only
 Yes, Torres Strait Islander only
 Yes Aboriginal and Torres Strait Islander
 No
 Prefer not to answer

Next of kin (in case of emergency):	
Name:	
Phone contact number:	

Consent to receive COVID-19 vaccine

- I confirm I have received and understood information provided to me on COVID-19 vaccination
- I confirm that none of the conditions above apply, or I have discussed these and/or any other special circumstances with my regular health care provider and/or vaccination service provider
- I agree to receive a course of COVID-19 vaccine (two doses of the same vaccine)

Patient's name:	
Patient's signature:	
Date:	

- I am the patient's legal guardian or legal substitute decision-maker, and agree to COVID-19 vaccination of the patient named above

Legal guardian/substitute decision-maker's name:	
Legal guardian/substitute decision maker's signature	
Date:	

For provider use:

Dose 1:

Date vaccine administered:	
Time received:	
COVID-19 vaccine brand administered:	
Batch no:	
Serial no:	
Site of vaccine injection:	
Name of vaccination service provider:	

Dose 2

Date vaccine administered:	
Time received:	
COVID-19 vaccine brand administered:	
Batch no:	
Serial no:	
Site of vaccine injection:	
Name of vaccination service provider:	