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|  | **Having a Covid-19 jab (vaccine)**  **at the Racecourse** |
|  | Hello, I am Mike, I am going to have a Covid-19 jab (vaccine) at Brighton Racecourse. |
|  | We phoned, **to book** my jab (vaccination) at the Racecourse.  Phone: **0300 303 8060**  We **told them** that **I have a learning disability** and need, more time, a quiet space and things explained to me in easy words.  We also told them what has helped me to have jabs in the past. |
|  | This is me getting ready at home.  I am making sure I have my:   * Face Covering * Tissues * Hand gel * Drink * Comic book * Sunflower lanyard * Thumbs up card |
|  | To make it easy to have the jab (vaccination), I am wearing a t-shirt and hoody. |
|  | I am going in the car with my brother today.  If you need **help** to get to the Racecourse you can  **book free transport**.  Phone **01444 275008**  Open: Monday to Friday  10:00 to 1:00  and  2:00 to 5:00 |
|  | When I got to the Racecourse,  staff in yellow tops showed me  where to go. |
|  | When I got to the front door,  I **showed** the staff my Speak Out **thumbs up card** and **sunflower lanyard**.    I told them I have a learning disability. |
|  | When I got inside, the staff took my temperature.  **To check I haven’t got Covid-19, the staff asked me:**  Do you, or people in your house have Covid?  Are you, or people in your house waiting for a Covid-19 test result?  Have you met with anyone who has been told they have Covid-19?  In the last 10 days have you travelled out of the country?  Do you have any of these symptoms?  • high temperature or fever  • new continuous cough  • loss or alteration to taste or smell |
|  | This is me at the reception desk.  The staff asked me these questions:   * Have you got an appointment? * What is your name? * What is your date of birth?   They gave me a form to give to the person doing the vaccination and easy read information. |
|  | The staff in yellow tops took me to the person doing the jab (vaccination). |
|  | The person doing the jab (vaccination) asked me these questions:   * My name * My date of birth * My ethnicity * Am I allergic to any medication? * How I felt after my 1st Covid-19 vaccination? * In the last 7 days have I had any other vaccinations? * Am I on a Covid-19 trial? * Am I on any medication that makes my blood thin? * They ask females if they are pregnant?   My Brother helped me answer the questions. |
|  | This is me having my jab (vaccination).  Relax, try not to worry about it,  It’s not as bad as you think. |
|  | After you have the jab (vaccine), the nurse put cottonwool on my arm. |
|  | I had to rest for 15 minutes after the jab (vaccination).  I was pleased I brought my comic book, so I had something to do. |
|  | This is me after the jab (vaccination).  I felt happy that I got my jab (vaccination) done.  Its nothing to worry about because it helps to keep you safe. |
|  | If you have **questions** about the  Covid-19 jab (vaccine) you can phone:  Phone: **0800 433 4545**  Open 9am to 4pm, Monday to Friday. |
| Clapping hands outline | A very big thank you to Mike for sharing his story. |
|  | This story was made for the Racecourse Vaccination Centre by:  Mike and Jane Viner  Learning Disability Health Facilitator  [Jane.viner@brighton-hove.gove.uk](mailto:Jane.viner@brighton-hove.gove.uk)  August 2021 |