



Ministerie van Volksgezondheid,
Welzijn en Sport

Information for healthcare professionals about the coronavirus vaccine.

Additional protection for you and your patients



Would you like to find out more?

mijnvraagovercorona.nl

or phone 1400

If you work in the healthcare sector, you are eligible to receive a coronavirus vaccination.

If you work in healthcare and have direct contact with patients and/or clients, you are eligible to receive the coronavirus vaccination this autumn. Getting vaccinated helps protect the people you care for, some of whom may be in vulnerable groups. Getting vaccinated reduces the risk of coronavirus infection and contracting COVID-19. It also reduces the risk of passing the virus on to others. This is important, because the coronavirus is still around and there is still the potential of a resurgence. People who are medically vulnerable can become seriously ill, end up in hospital or even die as a result of COVID-19.



Invitation letter or scheduling your own appointment to get vaccinated

If you work in healthcare and are 60 years of age or over, then you will receive an invitation letter. If you are younger than 60, you will not receive a personal invitation letter. Instead, you will be able to make an appointment with the Municipal Public Health Services (GGD) to get vaccinated. You will be able to make an appointment from mid-October 2023 either online using your DigiD via planjeprik.nl or by phoning **0800-7070** during office hours.

The coronavirus vaccine will be provided by the GGD until the end of December 2023.

Better protection against coronavirus

The coronavirus vaccination will restore your protection against the virus, making it less easy for you to become infected with coronavirus and contracting COVID-19. This reduces the risk of passing the virus on to your clients, patients or colleagues, for example.



Why get the coronavirus vaccination this autumn?

Getting vaccinated for coronavirus in the autumn, means you will have better protection during the winter. Although there may be a spike in COVID-19 cases all year round, the effects of the disease are likely to be more serious during the winter. This is because a lot of other viruses, such as flu and the common cold, circulate during the winter, as viruses in general spread more easily during the winter. Viruses spread through talking, coughing or sneezing, and in winter windows and doors are kept shut more often, with people gathering in one space more frequently.

The coronavirus vaccine is voluntary

It is up to you whether or not you get vaccinated, it is not mandatory. Please make sure you consult accurate information to allow you to make the right decision.

Useful information:

- The coronavirus vaccination uses the most up-to-date virus available.
- Getting vaccinated is free.
- The vaccine will be injected in your upper arm.
- Reschedule your appointment or make a new appointment on planjeprik.nl if:
 - you are ill or have a fever before you are set to get vaccinated;
 - you have missed your vaccination appointment.



Risk of short-term side effects

Every vaccination comes with a risk of side effects – the coronavirus vaccine is no exception. Most side effects will pass within one to three days, just like with the flu jab.

These are the most common symptoms:

- pain at the injection site
- headache
- fatigue
- muscle ache
- fever

You may take paracetamol for any severe pain or high fever. If you have been vaccinated and begin experiencing symptoms that cannot be classified as mild or short-term side effects, please report your symptoms to Lareb on mijnbijwerking.nl.

Please always contact your GP if you have any concerns about your health.



Protect vulnerable groups as well as yourself

It is still crucial for everyone to follow the guidance to prevent respiratory infections. This helps us protect vulnerable groups of people – as well as ourselves. Do you have any symptoms that are consistent with respiratory infection, such as coughing, sneezing, sore throat or a runny nose?

- Please stay home if you are feeling ill.
- In the case of minor symptoms, please consult your employer regarding safe working practices, e.g. wearing a face mask or working from home.
- If you have symptoms, please avoid face-to-face contact with people who could become seriously ill as a result of a respiratory infection. If face-to-face contact is necessary, please wear a face mask.
- Cough and sneeze into your elbow and wash your hands with water and soap thoroughly and often, even if you have no symptoms.
- Make sure any indoor areas are adequately ventilated.