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GUIDANCE

Guidance following your first vaccination dose

Thank you for having your first vaccination for Covid-19. This vaccination will start to protect you in about two to three weeks' time. Even though you have not yet received both doses you have significantly reduced your chances of becoming seriously ill with Covid-19 and you are helping to protect others now and in the future.

However, in the next two to three weeks you remain at risk of catching Covid-19. Even after the first vaccination has started working you could still pass the infection on to others.

PROTECTING YOURSELF AND OTHERS FROM INFECTION

Until Government advice changes you must continue to do the following:

Keep two metres apart from people not in your household or bubble.

Clean your hands carefully and regularly and especially when you enter your home, or after you have used public transport, or touched any surface that may have been touched by others.

Wear a clean face covering whenever you are in a crowded space and in public indoor spaces including shops, places of worship and on public transport (unless you are exempt).

Self-isolate and get tested if you develop any of the symptoms of Covid-19 (a high temperature, a new continuous cough, a loss or change to your sense of smell or taste), even if your symptoms are mild.

Self-isolate if someone in your household or bubble develops symptoms or tests positive for Covid-19, or if you are asked to self-isolate because you have been in close contact with someone who has tested positive.

If you are extremely clinically vulnerable and shielding, then you should continue to do so to ensure that you remain safe.

Follow the current rules for your local area. Rules may vary in different parts of the UK so make sure you know what the rules are for you and follow them carefully.

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We know that you want to meet with your friends and loved ones and get your life going again. The current restrictions to protect us will not last forever. There is some initial evidence that people who have been vaccinated may be less likely to pass on a Covid-19 infection to others, but this is not yet clear. Until we have more reliable evidence we must all continue following the guidance. Scientists who advise the government are working hard to understand when it might be safe to start to relax the rules. The Prime Minister recently outlined a roadmap for when we might be able to reduce the restrictions, but it is important that we all maintain the rules.

YOUR SECOND DOSE OF VACCINE

The next important step is for you to get your second dose of vaccine when you are invited. It is important to get the second dose because this will further reduce your chances of becoming seriously ill with Covid-19 and means that this protection will last for longer.

Thank you for reading this information and for following the guidance. You are keeping yourself, your loved ones and community safe, and helping us all along the path to getting life going again.

CONTRIBUTORS

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