HM Government

NHS

Covid-19 messaging to self-employed

EVERY VACCINATION GIVES US

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Why vaccinate

Vaccines are the way out of this pandemic, they are the best way to protect people from coronavirus and have already saved thousands of lives.

Vaccinated people are far less likely to get Covid-19 with symptoms and are even more unlikely to get serious Covid-19, to be admitted to hospital, or to die from it. Vaccinated people are also less likely to pass the virus to others.

Vaccination therefore, is one of the key elements in helping us to return to a more normal way of life and for getting our economy up and running again.

And now that everyone aged 18 and over can get their vaccine, self-employed workers can protect themselves and others from the virus. In practice, the vaccine is your best protection from Covid-19 and from disrupting your life and work activities.

Having both doses of the Covid-19 vaccine means:

· You can better protect yourself, your customers, your suppliers and others around you.

· Lowering your risk of catching Covid-19, therefore the risk of having to self-isolate for a minimum of 10 days.

· From 16 August you won't need to self-isolate when identified as a close contact of someone who tested positive, as long as you have a negative PCR test.

· Your customers can feel more comfortable when using your service.

All those aged 18 and over can book their vaccination through the NHS booking service, call 119 free of charge, anytime between 7am and 11pm seven days a week, or book via NHS.UK

The steps you can take

We are urging workers up and down the UK to be vaccinated and encourage everyone eligible to get their Covid-19 vaccine without delay.

Being sick from Covid-19 will disrupt your life and work for at least 10 days (or longer depending on the severity). Getting vaccinated is quick and easy, with vaccination sites situated all over the country. Here are a few steps you can take to make getting the vaccine easier and not disrupt your work:

1. **Don't let questions about the vaccines be a barrier**
   - If you have concerns or questions, information is available on trusted sources and in several languages.
   - Reach out to your network (licensing offices, trade associations, partners...) for the latest information.

2. **Plan your vaccination appointment to make it convenient**
   - Vaccination is available at GPs, community pharmacies, hospital hubs and other locations. Find a local vaccination service through the **National Booking Service**.
   - Get information on out-of-hours vaccination services and **walk-in vaccines centres** that make it easier to fit getting the vaccine into your schedule.

3. **Don't be worried about potential side effects after getting a Covid-19 vaccine**
   - Most people have no side effects at all and can continue working as usual. If you do have some side effects they should go away in just a few days.
   - Information about side effects will be provided to you during your vaccine appointment. If you do get any side effects, resting and paracetamol can help you feel better.

4. **Share your vaccine experience and promote the vaccination to those around you**
   - You have the power to help others get vaccinated and be protected from the virus. Share your experience with fellow workers and help us get one step closer to a more normal way of life.

Resources to help you

For information vaccination guides in several languages:
COVID-19 vaccination: guide for adults

For information videos in several languages:
NHS England and NHS Improvement London » COVID-19 vaccine communication materials

For advice on side-effects and what to expect after vaccination:
COVID-19 vaccination: what to expect after vaccination

For advice on reopening your business:
Keeping workplaces safe as coronavirus (COVID-19) restrictions are removed

For information on the Self-Employment Income Support Scheme:
Check if you can claim a grant through the Self-Employment Income Support Scheme

For information on available financial support to businesses:
Find coronavirus financial support for your business