By @Beth_Tastic

Having a Covid Vaccination is okay

Covid is an illness. Many people have been very ill, and some people have died. This is very sad.

Scientists have made a vaccine. This is a liquid that goes inside our blood to help our bodies be protected from the Covid illness. This is good news.

A vaccine is put into our bodies through an injection. This might make you feel scared but Bex has already had her vaccine and wants to tell you that it was okay.

Hello my name is Bex. This is me in the building where they are going to do my vaccination. My mum came with me and we had to wear our masks.

Dr Heather was really friendly and asked me & my mum some questions about my health conditions and the medicines I take.

Next we were shown to a different seating area to wait for the nurse to call me for my jab. Everyone was really friendly and chatted to me. I didn't wait long.

The vaccination is put into your body through a very thin needle. It is jabbed into your arm and the liquid goes into your body to start helping you be safe from the virus. This might feel like a scratch.

The nurse called me over and asked me my name and date of birth, she asked which arm I wanted to have my vaccination in & she explained all the steps really clearly. She was very friendly and answered all my questions.

As you can see from my thumbs up & smile behind my face mask it really didn't even hurt! I was a bit scared before it but now I'm not scared to have my next one.

We were shown to a new seating area to wait 15 mins to make sure I was feeling ok. The nurse told me if I wasn't feeling well or was worried I could just raise my hand and someone would come over to check on me. I spent the whole waiting time sending messages on my phone to tell my friends they had nothing to worry about.

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Compiled with the help of **R**eachout ASC