

THE COVID- 19 PANDEMIC 2020

On the 6th of January 2020, we were informed that there was an epidemic of Corona Virus in China and the footage on the news channels was very frightening.

It wasn't long before it entered the UK in January 2020. It got worse from then on and a National lock down was imposed on the Friday 13th March 2020 in an attempt to control the virus. From that point on, the situation worsened and further lock downs were imposed as each successive variants of the virus evolved.

A series of vaccines were developed at an accelerated pace, using emergency measures and permissions were given to administer them to the public. In all, it took 2yrs before the situation started to improve to the point where the population were allowed back to work and a state resembling normality was resumed in the UK.

By the end of the pandemic, it was clear to everybody that this virus was here to stay and life would never be quite the same again.



Ray's mum at Cartref Dyfi care home.



Our bags packed incase we caught the virus and had to go into hospital.



The Flowflex Sars-Cov-2 Antigen Rapid test. (Self testing).

Disposable vinyl gloves and masks.



Kelsey, Sharon, Fenton and Lexi chatting to me and Ray from across the road. It was all very antisocial but we were following the rules to keep safe.



My first walk after being in isolation for 12 weeks. It was very enjoyable and I collected wild flowers for my crafting.

COVID-19 vaccination - A guide for adults



This leaflet explains about the COVID-19 vaccination, who is eligible and who needs to have the vaccine to protect them from Coronavirus.

What is COVID-19 or Coronavirus?

COVID-19 is caused by a new coronavirus, known as SARS-CoV-2. It was first identified in late 2019. It is very infectious and can lead to severe respiratory disease.

Many people who are infected may not have any symptoms or only have mild symptoms. These commonly start with cough, fever, headache and loss of taste or smell.

Some people will feel very tired, have aching muscles, sore throat, diarrhoea and vomiting, fever and confusion. A small number of people then go on to have severe disease, which may require hospitalisation or admission to intensive care.

Overall less than 1 in 100 people who are infected will die from COVID-19, but this is closer to 1 in 10 of those over 75 years of age. There is no cure for COVID-19 although some newly tested treatments do help to reduce the risk of complications.

Which vaccine will I get?

In the UK, there are two types of COVID-19 vaccine currently being offered first (made by Pfizer BioNTech and AstraZeneca). They both require two separate doses to provide the best longer-term protection.

Each vaccine was tested in over 20,000 people in several different countries and shown to be safe and effective. You will be given one of these vaccines depending on which one is available. These vaccines will not have a full UK marketing authorisation (license) yet but will have been authorised by the Medicines and Healthcare products Regulatory Agency (MHRA) based on a full assessment of their safety and effectiveness.

Will the vaccine protect me?

The COVID-19 vaccination will reduce the chance of you suffering from COVID-19 disease. Studies have shown high levels of short-term protection from two to three weeks after a single dose of vaccine, but a second dose is required for longer-term protection.

The vaccines do not contain living organisms, and so are safe for people with disorders of the immune system. These people may not respond so well to the vaccine.

Like all medicines, no vaccine is 100% effective - some people may still get COVID-19 despite having a vaccination, but this should be less severe.