

COVID-19 Vaccines for people aged 18 to 34 years

Version 4.0



COVID-19
VACCINE
Public Health
Advice

Based on a recommendation from the National Immunisations Advisory Committee (NIAC), people between 18 and 34 can opt for vaccination with a single dose COVID-19 Vaccine Janssen®. You will be fully vaccinated 14 days after your vaccine.

However, you can get a Comirnaty® (Pfizer BioNTech COVID-19 vaccine) or SpikeVax® (COVID-19 Vaccine Moderna) vaccine. These vaccines are called mRNA vaccines and are a two dose vaccine.

- For the Pfizer BioNTech vaccine you get your second dose 3-4 weeks after your first dose. You will be fully vaccinated 7 days after your second dose.
- For the Moderna vaccine you get your second dose 4 weeks after your first dose. You will be fully vaccinated 14 days after your second dose.

It's your choice to opt for a COVID-19 Vaccine Janssen® at your local pharmacy or get an mRNA vaccine at a vaccination centre by registering on the HSE portal. An mRNA vaccine may also be available from some pharmacies, or from your GP. The HSE is providing all COVID-19 vaccines free of charge. All COVID-19 vaccines are safe, effective and licensed in the EU for use in adults aged 18 years and over.

You'll find information on [hse.ie](https://www.hse.ie) on all available vaccines.

Get a COVID-19 Vaccine Janssen® at a local pharmacy

Get a mRNA COVID-19 Vaccine

What are the positives of this option?

- The Delta Variant is spreading in Ireland, and across the world. In recent weeks more young people have caught COVID-19 disease in Ireland.
- You will be fully vaccinated quicker if you choose to get a COVID-19 Vaccine Janssen®.
- The vaccine is a single dose and you will be fully vaccinated 14 days after your vaccine.
- After getting the single dose vaccine, you get significant protection from severe COVID-19 that requires hospitalization or can lead to death.
- Safety and effectiveness of all COVID-19 vaccines are continuously monitored.

- mRNA vaccines are recommended by NIAC for those aged under 50 years of age where possible.
- The vaccines are given as two doses. After completing the full course of the vaccine, you get significant protection from severe COVID-19 that requires hospitalisation or can lead to death.
- Both mRNA and viral vector vaccines provide good protection from severe COVID-19 disease. Based on current evidence protection from COVID-19 disease is somewhat higher than the protection from COVID-19 Vaccine Janssen®.
- mRNA vaccines are the recommended option during pregnancy in Ireland.
- Safety and effectiveness of all COVID-19 vaccines are continuously monitored.

What are the negatives of this option?

- There is a very rare risk of unusual blood clots including in the brain with low platelets also called Thrombosis with thrombocytopenia syndrome (TTS) associated with COVID-19 Vaccine Janssen®. Although the risk is higher in younger people – it is still extremely rare.
 - It is important for people to be aware of the symptoms of TTS so they can seek early medical attention. From international reports, the estimated risk of TTS after the COVID-19 Vaccine Janssen® is 1 in 300,000. Unfortunately 1 in 10 who develop TTS after Janssen® may die.

- Very rarely, people may develop myocarditis and pericarditis after getting an mRNA vaccine
 - Myocarditis and pericarditis are inflammatory heart conditions. Myocarditis and Pericarditis was reported in about 1 in 1,000,000 doses of Comirnaty® or SpikeVax®
 - The risk of these very rare conditions is higher in younger men. It is more likely to occur after the second dose and mostly happens within 14 days of getting the vaccine
- You need two doses of an mRNA vaccine 3-4 weeks apart. You are fully protected 7 days after your second dose of Pfizer BioNTech vaccine and 14 days after your second dose of Moderna vaccine. This may leave you unprotected for longer against severe COVID-19 including the Delta variant.

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What are the negatives of this option?

- COVID-19 Vaccine Janssen® vaccine cannot be given to those with a history of capillary leak syndrome.
 - Very rarely, people may develop Guillain-Barré Syndrome (GBS) after getting a COVID-19 Vaccine Janssen®. Worldwide there were 108 cases of GBS among over 21 million people who had received the vaccine.
- While you are waiting to be fully vaccinated against an mRNA vaccine you may contract COVID-19. This is usually a mild illness in young people but this is not always the case. The following are some of the serious effects of COVID-19:
 - Unusual blood clots including similar to those seen after viral vector vaccines are seen after COVID-19 itself. In the US, the incidence of unusual blood clots in the venous sinus of the brain in those admitted to hospital two weeks after COVID-19 is about 4 in 100,000 for all age groups.
 - Furthermore 1 in 5 patients admitted to ICU because of COVID-19 have blood clots.
 - Younger people are much less likely to need hospitalisation but they can develop a condition sometimes called long COVID that can continue for weeks or months after getting COVID-19 disease.

You might consider this option if you:

- Are worried about catching COVID-19.
 - Are at higher risk of COVID-19 as you have multiple contacts at work or home.
 - Live with someone who is at higher risk of COVID-19.
- Are not at high risk of getting COVID-19 and willing to wait longer to be fully protected from COVID-19 while you maintain strict compliance with other measures to reduce the risk of COVID-19.
 - Can't have a COVID-19 Vaccine Janssen® (e.g. if you have a severe allergic reaction to a previous dose or to any ingredients, previously had TTS after a dose of Vaxzevria® (COVID-19 Vaccine AstraZeneca) or previously had capillary leak syndrome).
 - Are worried about getting a COVID-19 Vaccine Janssen®.

If you choose this option:

- You can get the vaccine at a local pharmacy.
 - Continue to follow current public health advice that's relevant to you. See up to date advice for vaccinated people on [hse.ie](https://www.hse.ie)
- You register on the HSE vaccination portal and you will receive an appointment at a large vaccination centre or contact your local GP or pharmacy (some of whom are offering the mRNA vaccines).
 - Continue to follow current public health advice that's relevant to you. See up to date advice for vaccinated people on [hse.ie](https://www.hse.ie)

More Information

For more information, read the manufacturer's Patient Information Leaflet. This will be printed for you on the day you get your vaccine, or you can find it on www.hse.ie/covid19vaccinePIL

You can also talk to a health professional, like your GP (Doctor), Pharmacist or healthcare team.

You can also visit the HSE website at www.hse.ie/covid19vaccine or call HSELive on 1800 700 700.

For more information on the COVID-19 vaccine, including materials in other formats and translation support visit www.hse.ie/covid19vaccinematerials