



"I felt really nervous leading up to getting my injection, this was due to not knowing the drug and the possible effects it could have on me. I didn't feel a thing when I received it, Karl was very professional. After receiving the vaccine I felt good for the first 2 days, then I felt really ill. I think all who can, should receive this; as a feeling of some protection goes a long way in maintaining a positive mental approach for the future." - **Jayne Adams-Duncan, Staff Nurse**

"I originally did not want the vaccination as there is still a lot of questions surrounding it. However I realize we should use all the protection we can get. Sick healthcare workers will result in our healthcare system not being able to function effectively when COVID arrives on the island

Getting the vaccination was a well planned and worked out process and I had great support from everyone. I felt relieved that I have decided to do it and felt well supported. Vaccination gives us better resistance to deal with COVID-19 and would enable me to give more to the community as a healthcare worker. While I was in SA in Dec 20 I lived in continuous fear of COVID-19. It made me realize the importance of protecting Saint Helena. The vaccination will enable me to support our community while also protecting myself. Personal experience in a COVID-19 environment was an eye opener for me. St Helena: Don't change/relax our current measurement that is put in place. Continue with the vaccinations and let's protect our community to the best of our ability".— **Anna van de Venter, Senior Staff Nurse.**

"I felt grateful for receiving the vaccine, there are 8 billion people in the world, 8 billion vaccines haven't been administered, so for me to be given a vaccine is a privilege. The process was fast, simple and smooth. I didn't feel too much as I received the vaccine as it was so quick. After the vaccine was given it was a rough night for sure with symptoms starting about 8 hours after the jab. You have to be prepared for a rough night, although I didn't take any paracetamol and those who did, say the effects weren't as grim. Having said that, to give up one nights rest for protection against COVID-19 is a no brainer. I would choose to have side effects from the vaccine 100 times, over side effects from the virus. COVID-19 is real and it's grim, and we are lucky as a community to have never seen a case of COVID."— **Louis Barnikel, Environmental Health Officer**

"I felt excited prior to receiving the vaccine, as I know how dangerous and unpredictable this virus can be. The vaccination process was very smooth and effective. Receiving the vaccine felt like just a small prick (hardly noticeable) and nothing immediately. A little while after the injection, I had tenderness in my left arm and was a bit sweaty but otherwise very good. I have always been in favour of mass COVID vaccination as this is the only effective way to protect you."

- **Dr Francisco Reyes Milian, Gynaecologist**





"I felt very privileged and not nervous at all before receiving the vaccine, the process was very efficient and I didn't feel a thing. After receiving it, I felt okay with no side effects apart from the following morning I felt a slight dull ache where I'd had the injection, I had been very open minded about the whole process, as you do hear so many rumours. The whole of the health directorate team handled the process in a very professional manner."

- **Steve Kirk, Harbour Master**

"I received my vaccine on Thursday 28 January by Carl. Carl was very professional, I didn't feel a thing. I took 2 paracetamols that evening just in case, but I slept like a log and felt fine the next day. I had no sickness or symptoms. So overall, all went well for me. Looking forward to my next vaccine injection." – **Mrs Linda Peters, Customs Officer**

"I did feel nervous about getting the injection as is the usual with all injections. The team were very professional. I only felt a slight discomfort in the injection site, post injection I was feeling okay only hot flushes during the afternoon, toward early hours of Friday morning I felt flu like symptoms and had a severe headache. On Friday loss of appetite and nausea during the day and back to normal by Saturday. I feel that I can now share my experience with other members of staff and the Island community, as each individual is likely to have similar or no side effects at all." - **Annabel Clifford, Staff Nurse**

"Prior to getting the vaccine injection I was a bit unsure as I was mostly self – educated by TV news and the internet and it seemed quite scary with only a few trials been done. Naturally I felt nervous as I would with any vaccine. I expected to scream but all I felt was a small sting. After receiving the vaccine, I felt ok, a bit anxious about possible side effects but was fortunate to just feel a bit tired and achy for about a week, nothing outstanding.

I feel really privileged to have received the vaccine and I'm really looking forward to others having the same opportunity. I do know of a lot of people who are ready to receive the vaccine right now. I look forward to everyone on St Helena being vaccinated but hope that they receive it with the understanding that this vaccine may not provide total protection/ immunity against similar variants of this virus in the future". - **Cheryl Bedwell, School Nurse**

"There was a slight apprehension around receiving the covid-19 vaccine, SHG kept us fully informed and reassured with all the necessary information. Once the day arrived for the vaccine and it was administered, I had doubts that I actually received the vaccine, as I never felt a thing. So do the right thing protect yourself, and protect others." - **Kyle Benjamin-Jones, Operations Manager, Bradley's Camp (Quarantine Facility)**



I felt a bit nervous prior to getting the vaccine as I did not know what to expect. Getting the vaccine was painless and quick and I was okay until a few hours later when I started to feel tired and a bit under the weather.

I feel that the vaccine will help to protect me and my family from this deadly disease. Even though we are so lucky to get the vaccine the community still needs to be aware that COVID-19, could still come to the island, so we still need to practice safe distancing and good hygiene with ourselves and our surroundings.”

– **Junella Moulding, Customs Officer**

I am not and was not keen on the actual physicality of getting any vaccination, but understand the important concept of trying to protect staff, patients and the wider community by introducing and carrying out any vaccination programme, that currently being the COVID-19 inoculations. However, the thought of getting the jab was worse than the injection itself and I felt light relief afterwards that the process for me personally has started and is now half way complete. Although presently only a limited number of frontline individuals have received this first dose, at least the first step, always the hardest, has now been taken. - **Jasmine Gallagher, Radiographer Sonographer**

“I was frightened to take the vaccine at first, due to myths, so before I signed my consent form I researched the vaccine from WHO (World Health Organisation). Seven hours after having the vaccine injection, I had mild headache, fever, fatigue and stomach cramps. Paracetamol was working effectively, the side effects they lasted for about 20 hours and I was back to normal thereafter.

I do feel like I have some protection from COVID-19 after having the first dose of the vaccine, but I feel that we must still use PPE when nursing. A Message to Share: people must not take stories from social media but they should visit the official sites like The WHO for any advice vaccine. “ - **Mnqobi Shude, Nurse**

I was delighted to get the vaccine. The process went very smoothly, it was just a small injection, no problem. On the evening and night after receiving the injection I was a bit sick and weak.

But I now feel more safe being vaccinated with the first dose— **Peter Reemst, Surgeon**

I did experience some abnormal sweating on the evening after receiving my injection and was feeling a bit nauseous, it felt a bit like being sea sick unfortunately —

Fiona Benjamin, Customs Officer





I did feel a bit apprehensive about getting the vaccine at first as I was unsure about the severity of any side effects. The vaccination process was quick and carried out in a professional manner. The process was painless. Fortunately I did not suffer any major side effects after vaccination, except for a slightly dry mouth a few hours later.

I have always been in favour of the vaccine and encourage everyone to get it in order to protect the wider community.

- Geoff Benjamin, Lab Manager

"I was quite ill after receiving the vaccine, four hours after receiving it I developed a severe migraine type headache with dizziness and light sensitivity. Over the next two and a half days I felt nauseous, loss of appetite, and could only take fluids orally. I had severe body aches, fever chills and cold sweats as well. It was difficult to concentrate and I also felt like I'm forgetful and light headed. I took my Paracetamol regularly but my arm remained painful and red for a few days after." - **Vanessa Matthews, Staff Nurse**

"I have to take my hat off to the Health Directorate for doing such a professional job. The vaccination pod was a clean and friendly environment for the process, the actual injection was swift, expertly done, and virtually painless. The issuing of a vaccination card similar to the WHO, Yellow Fever card for future travel was farsighted. Side effects were as predicted: a sore arm after a day or so, perhaps a little fever and feeling a bit rough with a couple of restless nights, but nothing to worry about. In fact in my mind it would worry me more if my body had no reaction to the vaccine, whereas now I feel confident that it provoked a good immune response. It is state of the art technology that has produced this vaccine and it is well worth having, and who knows, perhaps some day in the future it will save my life". — **Joe Hollins, Senior Veterinary Officer**

I feel I was well informed prior to receiving the injection, the process of getting vaccinated was well organised, arrived early and got vaccinated straight away, it was over and done very quickly. On the day I received the vaccine there was not an issue. The following day I felt drained and generally unwell. The day after much better but still a feeling of tiredness. Day after back to normal. I thought it was well organised with information leaflet sent out before hand, information at time of vaccination and supervised rest area just to check for adverse reactions.

- Richard F Cooper, Operational Police Sergeant

"Prior to receiving the vaccination, I had discussions with my family, especially my mum, who reassured me and built my confidence that having the vaccine was the right thing to do. I am not a fan of needles so hid my face through the procedure but it was so quick it was all over in no time...thank God! After receiving the vaccine I was fine, a slightly dry mouth, arm hurt a little where the needle went in but that soon passed. I feel privileged to have had it considering that we are still COVID-free at this time."

- Emerald Newman -Yon, Senior Immigration Officer





I did feel nervous before receiving the vaccine as I did not really know what effects I would have thereafter. However I thought one small injection for the protection of my community and myself is worth much more than possibly getting COVID-19 and putting others at risk. The process of getting the vaccine was informative. On the day of my vaccination I was prepared to go ahead, no matter the side effects, as I knew that the support of our medical team was always there. After having the vaccine injection, I had a tingling sensation in my arm over the area of injection. I was able to work the same night of my vaccination with no effects. On the second day I had a mild head ache and felt mild flu like symptoms. On the third day I had a sore arm with a slight stiffness, but not to an extent that I could not continue my normal activities.” – **June Constantine, Nursing Sister**

“The vaccine was painless, a dull ache in my arm for about a day but no other effects. I feel privileged to have had the vaccine as so many people around the world are still waiting for theirs (my family in Australia do not know when they will be vaccinated). But the next time I am out at the airport as a Proper Officer meeting new arrivals nothing changes. Still need to practice social distancing, hand sanitisation and wearing a face mask. “



- Ian Rummary,
**Community
Psychiatric Nurse.**

I was pleased to be chosen for the vaccination as being a front line worker, dealing with yachts and any vessels that might call to the island. I felt no major effects from the vaccine other than for the first two days, when I slept on the shoulder that the vaccination was injected into, for too long it would ache for a bit but other than that I felt fine and ready to receive the second dose.



-Carl Thomas,
Asst Harbour Master

I feel immensely privileged to have been offered the vaccination so early in 2021. So many of my family and friends back in the UK, some of whom work on the frontline, are in the lower priority categories despite some of them having serious underlying health conditions and are not expected to receive the vaccine until April/May 2021 at the earliest. When I arrived for my appointment, I felt the whole team in the pod and the observation room had generated a friendly and relaxed atmosphere. Later that day I was reflecting on the fact, I've received my first dose of the vaccine and I felt a little overwhelmed knowing I had received something so early on in the global vaccination programme that so many other people worldwide are patiently waiting to receive.—**Sarah Botting, Head of Customs**



I felt privileged. Appreciative that my risks and wellbeing are being considered by SHG, my employer. I couldn't stop thinking that millions around the world are still facing uncertainty around access to COVID vaccine, while their communities are ravaged by the disease. Yet, I am offered the vaccine that will add to my protection in my high risk job.

The process of getting vaccinated was friendly and relaxed. It felt like a celebration. The team made sure that I was comfortable and well informed throughout the whole process

I felt thankful that the vaccine, the result of huge scientific efforts, is a reality and I am receiving it. I was worried about pain, feeling unwell after the injection, being unable to prepare dinner for my kids, that evening, or unable to work the following day

I did not suffer from the side effects that I was warned about, in fact, I didn't have any side effects. I felt a good dose of energy to start working on how to make my vaccination experience similar with my patients, colleagues and friends.

I felt that in addition to other measures, PPE, handwashing...etc. me and my team are more protected and prepared for our response to the virus

As a doctor, I want our island community to have the same level of protection as me. By being informed about the virus, about its transmission and ways to avoid infection but also to be vaccinated, as for all infectious diseases, vaccines do provide our immune system with effective ways to deal with viruses.— **Dr Kamar Tanyan, Senior Medical Officer**

Prior to getting my vaccine, I felt fine, no concerns, I had read up on vaccines and was happy to get some protection. The vaccination process was well organised, slow to begin with but I was the second person to get it. It went very well after. Receiving the vaccine was less painful than other vaccines and I have had a few. After the vaccine I felt Tired! I had just finished a night shift when I received it. Got the usual immune response that I get. Flu like symptoms and very sore arm that was itchy. I took two Paracetamol and got some sleep. Has receiving the vaccine made you feel any different about the COVID-19 vaccination, for you or as part of the island community? Not so worried personally as classified in high risk group but also would limit the spread to my family and elderly mother. Community wide, full vaccination will help reduce the seriously ill cases of COVID and any community spread. Everyone/island needs to realise that this virus will not be going away and vaccination is the only way to reduce risk of catching or serious consequences if caught.— **Anita Adams, Sister**

Ahead of getting the first dose of the COVID 19 vaccine I didn't have any different feelings to going to the hospital for any other reason. The process was very straightforward and impressive. After getting information about it via email, and confirming with the Records office that I would be willing to receive it. A date and time was emailed to me. Arriving at the Flu Pod, it was a very quick process, name was asked by one person, Latoya was the one to administer the vaccine to me. In my view it was very quick, efficient and professional. After getting the vaccine I had the side effects that was stipulated in the information pack, I was expecting certain side effects. Fever the same night, aches and pains (like the flu pains) and for the second day just a few aches still lingered. For my personal views on the COVID 19 vaccine I would urge anyone to get it when it does arrive for the community of St Helena, COVID 19 is a real threat and serious. If there is a chance to get the COVID19 Vaccination, take it. A fever, pains and feeling sick for one or two nights is much better than having the full on COVID 19 if it were to be present at anytime.
- **Craig Williams, IT Development & Support Officer**