

STATEMENT ON VACCINATION CHOICE BY MEDICAL ADVISORS

25% Group members are naturally asking for advice as to whether or not to accept the offer of the new Covid 19 vaccine

The bottom line is that it is still vital that people with Severe ME do not catch Covid, as it would be very likely to make the ME even worse. There are two options to consider and at the end of the day it will be up to the individual choice of the person concerned.

Option 1

Accept the vaccine and the protection it will offer. While it is possible there might be a slight reaction to the vaccine, this will almost certainly be much less severe than actually catching Covid 19 itself (This advice is parallel to that we give regarding the annual winter flu vaccine)

Option 2

Decline the vaccine, but continue shielding as strictly as possible. If you have carers, try to ensure they that receive the vaccine as soon as possible. Continue for 6-9 months until there is sufficient herd immunity in the general population to make it safe for you to relax

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Disclaimer: The views of the medical advisors are independently given, not provided by the 25% ME GROUP or its committee, and it is totally a personal choice of the reader as to what decision they make in deciding whether to have the vaccination or not.

Prof Jonathan Van-Tam answers viewers' questions about Covid vaccine

<https://www.bbc.co.uk/news/av/uk-55171338>