### Getting your vaccination

1. A healthcare worker will do a health check with you and provide some information.
2. You will need to agree to be vaccinated.
3. Then the healthcare worker will inject the vaccine into your arm.
4. You’ll need to stay for 30 minutes after to check you’re ok and ask you about side effects.
5. Once the healthcare worker says you’re fine, you can leave and carry on with your day.

### After receiving your vaccination

1. You will be asked to get your second dose of the vaccine 3 weeks later.
2. You get your best protection against COVID-19 after 2 doses of the vaccine.
3. If you have side effects or feel unwell after your vaccination, speak with your family doctor or call Healthline 0800 358 5453.
COVID-19 health reminders

- Stay home if you are sick
- Wipe down all commonly used surfaces
- Wash or sanitise your hands
- Wear a mask on all public transport if you are able
- If you have COVID-19 symptoms, get a test
- Cover coughs and sneezes
- Use the NZ COVID Tracer app to sign in to locations; turn on Bluetooth