

# Getting your COVID-19 vaccination

What you need to know.

The COVID-19 vaccine is free,  
and available to everyone aged  
16 years and over in Aotearoa.



**When you get vaccinated, you are protecting yourself, and helping reduce the risk of passing on COVID-19 to your whānau, friends and community.**

## **How does the vaccine work?**

The COVID-19 vaccine works by teaching your body to fight the virus, and protects you from getting sick.

You will need 2 doses of the vaccine, at least 21 days apart.

To ensure you have the best protection, make sure you get both doses.

**The vaccine cannot give you COVID-19.**

**Find out when you can get the COVID-19 vaccine:**



[covid19.govt.nz/myvaccine](https://covid19.govt.nz/myvaccine)

# Getting your vaccination



A healthcare worker will do a health check with you and answer your questions.



You will need to agree to be vaccinated.



Then a healthcare worker will inject the vaccine into your arm.



You'll need to stay for at least 20 minutes after so a healthcare worker can check you're ok.



Once a healthcare worker says you're fine, you can leave and carry on with your day.

## **Pregnant?**

Talk to your midwife or doctor.

## **Under 16 years old?**

At this stage, the vaccine is not available for under 16s.

**If you're taking any medications or have a bleeding disorder,** talk to your health provider first.

**If you have had an allergic reaction to any vaccine or injection in the past,** please talk to your vaccinator.



# After your vaccination



You will be asked to get your second dose of the vaccine at least 21 days later.



You get your best protection against COVID-19 after 2 doses of the vaccine.



If you have side effects or feel unwell after your vaccination, speak with your trusted health professional.

## Potential side effects

Like all medicines, the vaccine may cause side effects in some people.

These are common, are usually mild, don't last long, and won't stop you from having the second dose or going about your daily life.

## Is the vaccine safe?

Medsafe – New Zealand's medicines safety authority – only grants consent for a vaccine to be used in New Zealand once they are satisfied it's safe and effective enough to use.

All COVID-19 vaccines will go through the same safety test and must meet the same robust standards.

There have been no shortcuts in granting approval.

**After your vaccination, it's still important to:**



**Stay home if you are sick**



**Wash or sanitise your hands**



**Wipe down all commonly used surfaces**



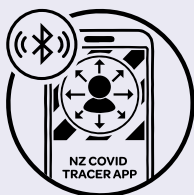
**Wear a mask on all public transport if you are able**



**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**

# Getting the right information matters.

Be aware of incorrect information on social media and other places.

You can get accurate and trusted information at:

**[covid19.govt.nz/vaccines](https://covid19.govt.nz/vaccines)**

**[health.govt.nz/covid-vaccine](https://health.govt.nz/covid-vaccine)**

or call Healthline on **0800 358 5453**.

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