

5 important reasons to get your COVID-19 booster

- 1 Your immunity from COVID-19 reduces over time so keeping up to date with your boosters provides an extra layer of protection.
- 2 Boosters help protect you from getting very sick from COVID-19 and ending up in hospital.
- 3 Boosters can provide stronger immunity than the natural immunity you get after having COVID-19.
- 4 Boosters help you stay well so you can continue to work, travel and spend time with whānau and friends.
- 5 The more of us who stay well, the less disruption to our communities, businesses and our health sector.

If you've had COVID-19, you can get your booster three months after you tested positive.

Check if you're eligible for a COVID-19 booster at **[Covid19.govt.nz](https://www.covid19.govt.nz)** or call **0800 28 29 26**.

Questions about your COVID-19 vaccination

Why do I need a booster?

Current evidence shows your protection against infection, after the primary vaccination course (for most people that is two doses), reduces over time. Getting a top up vaccine after a primary course helps boost your immunity against COVID-19.

Are COVID-19 vaccines safe?

All COVID-19 vaccines available for use in New Zealand are independently assessed for safety by Medsafe. Medsafe only grants consent for using a vaccine once they're satisfied it has met strict standards for safety, efficacy and quality. COVID-19 vaccines are held to the same standards as all other vaccines before they are approved for use in New Zealand and they continue to be monitored for safety.

What gives you better protection, acquired or boosted immunity?

Being infected with COVID-19 does not provide the same level of protection as getting vaccinated. Although your antibodies will be high after an infection, it's unknown how long this natural immunity lasts.

Where can I get my booster?

Many local pharmacies and GPs are providing booster vaccinations. Visit [BookMyVaccine.nz](https://www.bookmyvaccine.nz) to find a vaccination site near you or to book an appointment.

Who's eligible for a booster and when?

	WHO?	WHEN?*
Booster 1	16–17 years old	6 months after second primary dose
	18 years and over	3 months after second primary dose
Booster 2	50 years and over, or	6 months after booster 1
	Māori or Pacific 40 years and over, or	
	30 years and over and working in healthcare, or aged care or disability care, or	
	Aged 16 years and over with a medical condition that increases the risk of severe breakthrough COVID-19 illness including immunocompromise, or	
	Aged 16 years and over living with disability with significant or complex health needs or multiple comorbidities.	

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*Immunocompromised people may have three primary doses rather than the standard two primary doses.