

# 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, ending up in hospital, and even death.
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 friends and whānau.
5. The more of us who stay well, the less disruption on 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 your eligibility at [Covid19.govt.nz](https://www.covid19.govt.nz) or call 0800 28 29 26.



Unite  
against  
COVID-19

**Te Whatu Ora**  
Health New Zealand

**Te Aka Whai Ora**  
Māori Health Authority

# 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.

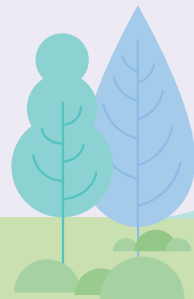
Medsafe only grants consent for using a vaccine once they're satisfied it has met strict standards for safety, efficacy and quality.

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.



## When can I get my booster?

### Aged 16 to 17

If you're aged 16 or 17, and have had your first two vaccinations, you can get your third dose (your booster) 6 months after your second shot.

### Aged 18 or over

If you're aged 18 or over, and have had your first two vaccinations, you can get your first booster 3 months after your second shot.

### Aged 50 or over

If you're aged 50 or over (or 30+ and are immunocompromised, a healthcare, aged care or a disability worker), you can get a second booster 6 months after your first booster.

### Had COVID-19 recently

However, if you've had COVID-19, you'll need to wait at least 3 months after you tested positive, to get your first or second booster.

## 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.





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