

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

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.

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.

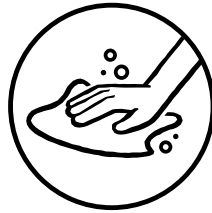
If you have had an allergic reaction to any vaccine or injection in the past, please talk to your vaccinator.

COVID-19 health reminders

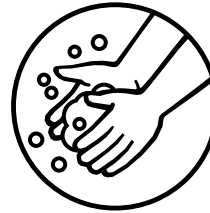
For more information visit covid19.govt.nz/vaccine



Stay home if you are sick



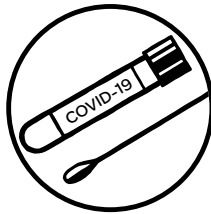
Wipe down all commonly used surfaces



Wash or sanitise your hands



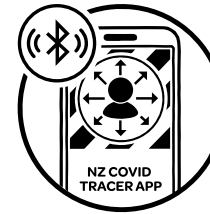
Wear a mask on all public transport if you are able



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