

Getting your vaccination



A healthcare worker will do a health check with you and provide some information



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 to check you're ok and ask you about side effects.



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

After receiving your vaccination



You will be asked to get your second dose of the vaccine at least 3 weeks 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 family doctor or call Healthline on 0800 358 5453

Pregnant or breastfeeding?

Talk to your midwife or family doctor.

Under 16?

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

Unite
against
COVID-19

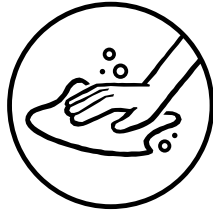
New Zealand Government

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MANATŪ HAUORA

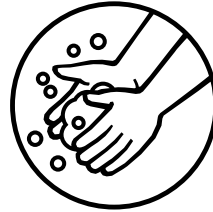
COVID-19 health reminders



Stay home if you are sick



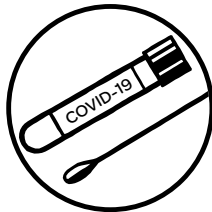
Wipe down all commonly used surfaces



Wash or sanitise your hands



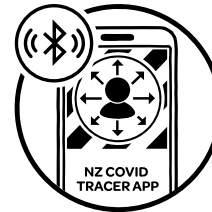
Wear a mask on all public transport if you are able



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

For more information visit
Covid19.govt.nz/vaccine

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