

Your COVID-19 vaccination guide

Ma tini, ma mano, ka rapa te whai
By joining together we will succeed



Together we have worked hard to protect each other and unite against COVID-19.

All of us have played a special role across Aotearoa to keep our people safe. We acknowledge and are grateful for this effort.

Vaccination is an important next step for our ongoing success. You will join hundreds of thousands of New Zealanders and more than a billion worldwide who have already been vaccinated.

Ngā mihi nui.



This booklet has all the important information you need to know about your COVID-19 vaccination.

For updates on our local vaccination programme:
www.VaccinateGreaterWellington.nz

For information about the national vaccine rollout:
www.covid19.govt.nz



“For me, vaccination is the ultimate act of manaaki. Manaaki for my own whakapapa, those I work with, those I serve.”

Arawhetu Gray (Ngāti Kahungunu ki Wairarapa, Rangitane ki Wairarapa, Ngāi Tahu and Ngāti Ira),
Director Māori Health, Hutt Valley and Capital & Coast District Health Boards.



About the vaccine

COVID-19 vaccines are free and available to everyone in New Zealand.

Vaccines protect your health and prevent disease by working with your body's natural defences so you are ready to fight the virus, if you are exposed.

Getting a COVID-19 vaccine is an important step you can take to protect yourself from the effects of the virus.

Our COVID-19 vaccine rollout

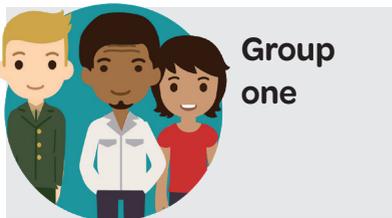
The Government has decided on a staged rollout for the COVID-19 vaccine. This means that different people will be able to be vaccinated at different times of the year.

There are enough vaccines for everyone aged 12 or older in New Zealand to get the two doses needed. All people will have the opportunity to be vaccinated before the end of 2021.

At this stage, people younger than 12 are not being offered vaccination.

Unite against COVID-19 have built an online tool to find out which group you are in.

covid19.govt.nz/MyVaccine





The vaccine is free, safe and effective.

Everyone is entitled to free appointments for the vaccine. You do not have to pay anything to book your appointment, or to have both doses of the vaccine.

Medsafe are the Government agency who decide whether medicine is safe to use in New Zealand. They have looked at the evidence and said it is safe for us to use.

After two doses, you will have 95% protection against COVID-19. The COVID-19 vaccine is one of the best ways for us all to keep each other safe.

Before your vaccination

When you book your appointment, make sure you write down when and where it is so you don't miss it.

Turn up to the vaccination centre on time. Please don't be more than fifteen minutes early.

You'll need two doses of the vaccine to get full protection. The second appointment will be at least six weeks after your first.

You need to have at least two weeks between your flu vaccine and your COVID-19 vaccine. If you have had a flu vaccine in the last two weeks, you will need to book your COVID-19 vaccine for later.

Getting your vaccination



We will look after you, starting with a health check.



You will be asked to confirm details, and if you agree to be vaccinated.



The vaccinator will now inject the vaccine into the upper muscle in your left or right arm.



You'll be monitored for fifteen minutes in case you have any immediate side effects.



Once we say you're fine, you can leave and carry on with your day.

After receiving your vaccination



We will arrange a time for you to receive your second dose of the vaccine at least 42 days after receiving the first dose.



For the vaccine to be fully effective you need to receive the second dose.



Full protection against COVID-19 will occur approximately seven days after your second vaccine dose.



After vaccination, you still need to follow COVID-19 health measures.



If you feel ongoing side effects and are concerned, speak with your family doctor **or call Healthline - 0800 358 5453.**

Be vaccination proud!

You can get your photo taken at any of our vaccination centres, in front of our banners.

Share your photos on social media with the hashtag #VaccinateNZ.

Let your friends and whānau know that getting vaccinated is the right thing to do.



The flex



The selfie



The prize



The power pose

COVID-19 health reminders

After vaccination you still need to practice COVID-19 health measures.



Wash or sanitise your hands



Wear a mask on all public transport



If you have COVID-19 symptoms, get a test



Stay home if you are sick



Use the NZ COVID Tracer app to sign in to locations; turn on bluetooth



Wipe down all commonly used surfaces



Cover coughs and sneezes

Side effects

As with any medicine, you may experience side effects. It's important to know that this does not mean that you have COVID-19. What it does mean is that your body is building up your protection against COVID-19.

If you are unsure about your symptoms or they get worse, talk to your GP **or call Healthline on 0800 358 5453.**

What you may feel	What can help	When this could start
Pain at the injection site, headache and fatigue are the most commonly reported reactions.	Place a cold, wet cloth or ice pack where the injection was given. Leave it on for a short time. Do not rub or massage the injection site.	Within 6-24 hours.
Muscle aches, feeling generally unwell, chills, fever, joint pain and nausea may also occur.	Rest and drink plenty of fluids. Paracetamol or ibuprofen can be taken. Follow the manufacturer's instructions. Seek advice from your health professional if your symptoms get worse.	Within 6-48 hours.

We're getting vaccinated for our whānau and our communities.

www.VaccinateGreaterWellington.nz

