

YOUR COVID-19 VACCINATION IN NORTHLAND AND AUCKLAND

A QUICK GUIDE FOR
BORDER, MIQ STAFF
AND THEIR FAMILIES



**We appreciate the care, thought
and hard work you have provided
to those who have returned home
and crossed our borders.**

Your manaaki is at the core of our tikanga
and who we are as a nation – we want to
acknowledge your service to the people of
Aotearoa. You are essential to our ongoing
success in beating COVID-19.

You protect us every day and that's why it's
important that you and your whānau are
invited to get the vaccine first.





This booklet will provide you with key information regarding your COVID-19 Pfizer vaccination.

Information contained in this booklet is in addition to what you will receive from the Ministry of Health.

"The Pfizer-BioNTech vaccine has already been given to millions and millions of people around the world with great results."

***— Dr Nikki Turner
Director, Immunisation Advisory Centre***

GETTING YOUR VACCINATION



We will do a health check with you



You will be asked to sign the consent form to be vaccinated. *This is the time you can ask any questions*



The health care worker will now vaccinate you in your arm



You'll now be monitored for 20 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



You will be requested to receive your second dose of the vaccine about 21 days after receiving the first dose



For the vaccine to be effective you must receive the second dose



Protection against COVID-19 will occur approximately 7 days after your second vaccine dose

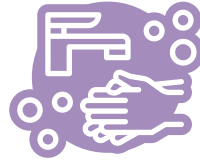


If you have ongoing side effects, speak with your family doctor or call **Healthline - 0800 358 5453**

As border and MIQ staff, we want to assure you that we're protecting you, like you've been protecting everyone else. That's why you and your whānau are receiving the vaccine first.

COVID-19 HEALTH REMINDERS

Being vaccinated does not
mean you stop practicing
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 vaccine, you may experience side effects. It's important to know that this does not mean that you have COVID-19. What this means is that your body is building up your protection to 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

Pain at the injection site, headache and fatigue are the most commonly reported reactions.

Muscle aches, feeling generally unwell, chills, fever, joint pain and nausea may also occur (although this is mostly after the second dose).*

WHAT CAN HELP

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.

Rest and drink plenty of fluids.

Paracetamol or ibuprofen can be taken, follow the manufacture's instructions.

Seek advice from your health professional if your symptoms worsen.

WHEN THIS COULD START

Within 6-24 hours.

Within 6-48 hours.

* These symptoms may not be related to the vaccine and could be signs of an unrelated illness. Seek medical advice if you are concerned.

PFIZER FAQs

Is it free to get vaccinated?

Yes. Everyone will receive their vaccinations for free.

Who can get vaccinated?

Everyone in New Zealand can be vaccinated if they are 16 years and older. If you have serious health conditions, please check with your family doctor first. However, with each phase of the vaccine roll-out, certain groups will receive the vaccination at different times.

What about my kids who are under 16 years?

People under the age of 16 are not included for now. There's limited data available for this age group as they weren't part of the clinical trials.

Can I get vaccinated if I've already had COVID-19?

Yes. However, if you currently have serious health issues from COVID-19, you may not be well enough to receive the vaccine. If you're unsure, please check with your family doctor.

Is the vaccine safe?

The Pfizer vaccine has gone through months of rigorous clinical and scientific testing and assessments, both internationally and within New Zealand. Millions of people around the world of all different ages, gender and ethnicities have already received the vaccine with great success. The vaccine has been found safe to use.

Is the vaccine live?

No. There is no virus been injected into your body; you cannot get COVID-19 from the vaccine. The vaccine boosts immune memory by strengthening it.

Is the vaccine effective for the new UK and South Africa strain of COVID-19?

Yes. Evidence has shown that the Pfizer vaccine gives you some protection against both strains.

Can I get the MMR (measles, mumps and rubella) and flu vaccinations (Influenza) before or after I get the COVID-19 vaccination?

It's advised that if you are wanting to get the MMR vaccination before your Pfizer vaccination or after your second dose, that you allow 4 weeks. For the flu vaccination, it's 2 weeks. If you wish to receive any other vaccinations after receiving your Pfizer vaccination, you will need to do so 2 weeks after your second dose. Please check with your family doctor or other health professional before any vaccination.

Can I attend events (e.g. family gatherings, church services, sports) once I've had my vaccination?

Yes. You're fine to attend any large events dependent on national COVID-19 alert levels.

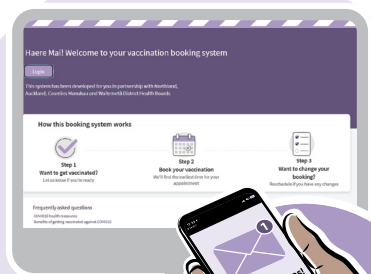


New Zealand is in a fortunate position of not having to rush the vaccine roll-out because of the huge effort you have put in to protecting everyone.

YOUR COVID-19 APPOINTMENTS

It's important that you and your family manage your vaccination appointments.
Remember the following:

- 1 An initial email will be sent to make an appointment for your vaccinations.
- 2 You will be sent a reminder email and text message for your vaccinations before you are due to receive them.
(Remember: you'll need two doses to be fully protected)
- 3 If you need to change the date, time or location for your vaccination you can do this through the Vaccination Booking System: <https://bookings.immunisation.nmf.nz>
- 4 You will receive an email and text message to confirm any changes that you make.
- 5 Attend your vaccination appointments.



**FOR MORE
INFORMATION:**

Speak to your manager

Call Healthline on 0800 358 5453

Speak to your family doctor

Visit: bit.ly/vaccine-resources



Unite
against
COVID-19

**THANK YOU
FOR ALL THAT
YOU DO IN
PROTECTING
AOTEAROA**

NORTHLAND DISTRICT
HEALTH BOARD



AUCKLAND
DISTRICT HEALTH BOARD
Te Raukōwhiri



Waitematā
District Health Board
Best Care for Everyone

COUNTIES
MANUKAU
HEALTH

