

# Your COVID-19 Vaccination

*in Northland and Auckland*



## A quick guide

## We are more powerful together

With any vaccine, the more people who get vaccinated, the better it works.

There is enough of the Pfizer vaccine for everyone over 12 years old in Aotearoa.

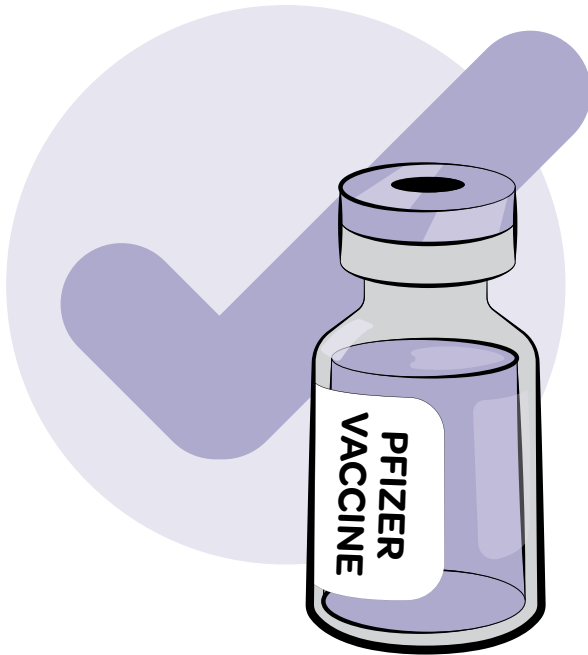
Imagine what a mighty tribe that could be.

Let's come together to strengthen our future.



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 consent to being vaccinated. *This is the time you can ask any questions*



The health care worker will vaccinate you in your arm



You'll be monitored for 15 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 invited to receive your second dose of the vaccine no less than 21 days after receiving your first dose



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



Full 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**

# COVID-19 health reminders

Wear face coverings on all public transport  
and when you cannot maintain physical  
distance from others

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

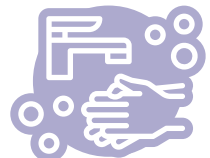
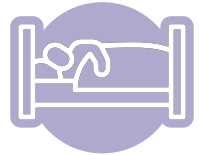
Stay home if you are sick

If you have COVID-19 symptoms,  
get a test

Wipe down all commonly used surfaces

Wash or sanitise your hands

Cover coughs and sneezes



# Side effects

Like all medicines, the vaccine may cause side effects in some people. This is the body's normal response and shows the vaccine in working. 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 worsen.	Within 6-48 hours.

There are some side effects that are more serious but very rare, like a severe allergic reaction or an inflammation of the heart. If you develop difficulty breathing, a racing heart, chest pain or feel faint immediately or in the days after the vaccine, you should seek medical attention.

# Pfizer FAQs

## Is it free to get vaccinated?

Yes.

Everyone will receive their vaccinations for free.

You do not need to be a citizen or resident.

## 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.

## Who can get vaccinated?

Everyone in New Zealand can be vaccinated if they are 12 years and older. If you have serious health conditions, please check with your family doctor first.

## What about my kids who are under 12 years?

Young people aged 12 to 15-year-olds can be vaccinated. Parents or guardians booking their vaccine can also book for any 12-15-year-olds in their whānau. People under the age of 12 are not included for now. The government will announce if there are any changes.

## Is the vaccine safe?

The Pfizer vaccine has been **thoroughly assessed for safety** by our own Medsafe experts. Medsafe only grants consent for using a vaccine in New Zealand, once they're satisfied it has **met strict standards for safety, efficacy and quality**.

This is the **same process** used to assess other medicines, like the flu vaccine. There have been **no shortcuts** taken in granting approval.

The Pfizer vaccine has been **used successfully by millions** worldwide.



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### Is the vaccine live?

No. There is no virus being injected into your body; you cannot get COVID-19 from the vaccine.

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### Is the vaccine effective?

Yes. Evidence has shown that the Pfizer vaccine gives you protection against different strains. The vaccine is **highly effective** if people have both doses. That means once you are fully vaccinated you are **far less likely to fall seriously ill**.



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

It is recommended that you get your MMR vaccination 4 weeks before your COVID vaccination. 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.

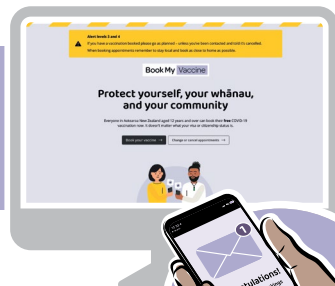
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### Can I attend events (e.g. family gatherings, church services, sports) once I've had my vaccination?

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

# Your COVID-19 Vaccine appointments

It's important to make a vaccination appointment.  
Remember the following:



- 1 An email or text 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 [bookmyvaccine.nz](https://bookmyvaccine.nz) or by calling 0800 28 29 26.
- 4 You will receive an email and text message to confirm any changes that you make.
- 5 Attend your vaccination appointments.

# For more information:

Call the Vaccination Helpline:  
0800 28 29 26

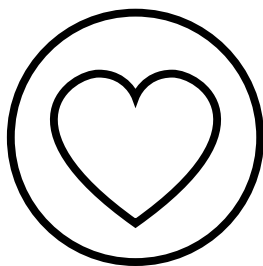
*Interpreters are available.*

Speak to your doctor

Visit:  
[immunisation.northernregion.health.nz](https://immunisation.northernregion.health.nz)



When we roll up our own  
sleeves, we're helping to  
protect our community.



*Let's continue protecting  
Aotearoa together*