

GETTING YOUR COVID-19 VACCINATION



Make sure you book an appointment for your COVID-19 vaccination



When you arrive at your allocated time, a tāpuhi (nurse) will do a health check with you and will provide you with some information.



Before you can be vaccinated, you will need to give consent (either written or verbal).



A tāpuhi will then give the vaccine into your arm. It is suggested that you choose your least dominant arm.



You will need to wait around for 20 minutes after your vaccination so the tāpuhi can monitor you.



Once the tāpuhi gives you the all clear, you can leave and carry on with your day.



Before you leave, be sure to make an appointment for your second dose of the vaccine at least 3 weeks later.

AFTER GETTING YOUR VACCINE



You get the best protection against covid-19 after 2 doses of the vaccine



If you have side effects or feel unwell after your vaccine, call Healthline on 0800 358 5453

THE EXCEPTIONS

If you're a hapu mama or breastfeeding, please speak with your GP or Midwife.

Under 16 year olds are not able to get the vaccine at this stage

If you're taking medication or have a bleeding disorder, talk to your GP first