



# COVID-19 vaccine:

**A quick guide for everyone  
getting vaccinated in Whanganui  
and neighbouring rohe**

New Zealand Government

Unite  
against  
COVID-19





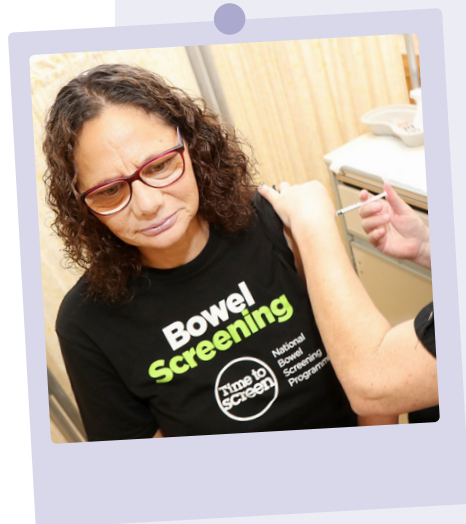
## **Vaccines are one of the ways we can fight the COVID-19 pandemic and protect the welfare and wellbeing of our communities.**

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.

The COVID-19 vaccine works by triggering your immune system to produce antibodies and blood cells that work against the COVID-19 virus.

Getting a COVID-19 vaccine is an important step you can take to protect yourself from the effects of the virus. However, we don't yet know if it will stop you from catching and passing on the virus.



“My son is working in a quarantine unit and I’ve got a mokopuna sitting at home, so it’s important for me to make sure I’m protecting my whānau.”

– **Maria Potaka**

Public Health Nurse  
Whanganui District Health Board

Photo courtesy of NZME, Whanganui Chronicle.

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

# Getting your vaccination



A healthcare worker will do a health check with you and answer your questions.



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 so a healthcare worker can check you're ok.



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 21 days 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 trusted health professional.



## **Pregnant?**

Talk to your midwife or family doctor.

## **Under 16 years old?**

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

**If you're taking any medications or have a bleeding disorder,** talk to your health provider first.

**If you have had an allergic reaction to any vaccine or injection in the past,** please talk to your vaccinator.

# Possible 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 is working.

These reactions are common, are usually mild, don't last long, won't stop you from having a second dose and are very unlikely to stop you from going about your everyday life.

What you may feel	What can help	When this could start
Pain at the injection site, a headache and feeling tired and fatigued. These are the most commonly reported side effects.	Place a cold, wet cloth, or ice pack on the injection site for a short time.  Do not rub or massage the injection site.	Within 6 to 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 to 48 hours



## Further support and information

If you experience symptoms that could be COVID-19 related, such as a new continuous cough, a high temperature/fever, or a loss of or change in your sense of taste or smell, stay home and get a COVID-19 test.

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

If you have an immediate concern about your safety, call **111** and make sure you tell them you've had a COVID-19 vaccination so that they can assess you properly.

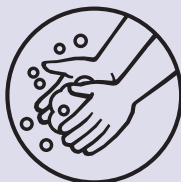
# COVID-19 health reminders

We don't yet know how long the COVID-19 vaccine will protect you for, or if it will stop you from catching and passing on the virus.

To help protect yourself, your whānau and others, continue taking precautions to prevent the spread of COVID-19 after you've been vaccinated.



Stay home if you are sick



Wash or sanitise your hands



Wear a mask on all public transport if you are able



Wipe down all commonly used surfaces



Cover coughs and sneezes



If you have COVID-19 symptoms, get a test



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

Thank you for  
all that you do  
in protecting  
Aotearoa.

For more information visit

**[covid19.govt.nz](https://covid19.govt.nz) or [health.govt.nz/covid-vaccine](https://health.govt.nz/covid-vaccine)**

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MINISTRY OF HEALTH