

# YOUR COVID-19 VACCINATION

## IN NORTHLAND AND AUCKLAND

Unite  
against  
COVID-19

## 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?

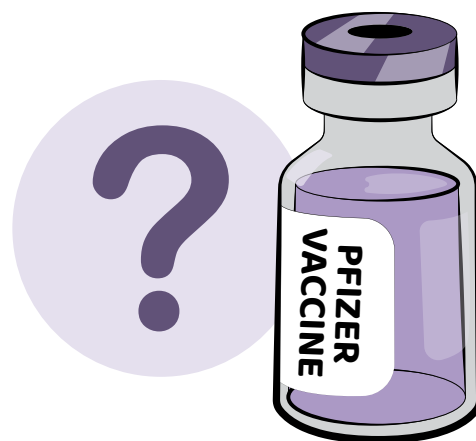
Yes. Evidence has shown that the Pfizer vaccine gives you some protection against both strains.

### 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.



For more information: [www.bit.ly/vaccine-resources](http://www.bit.ly/vaccine-resources)

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## 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.

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