

EASY
READ

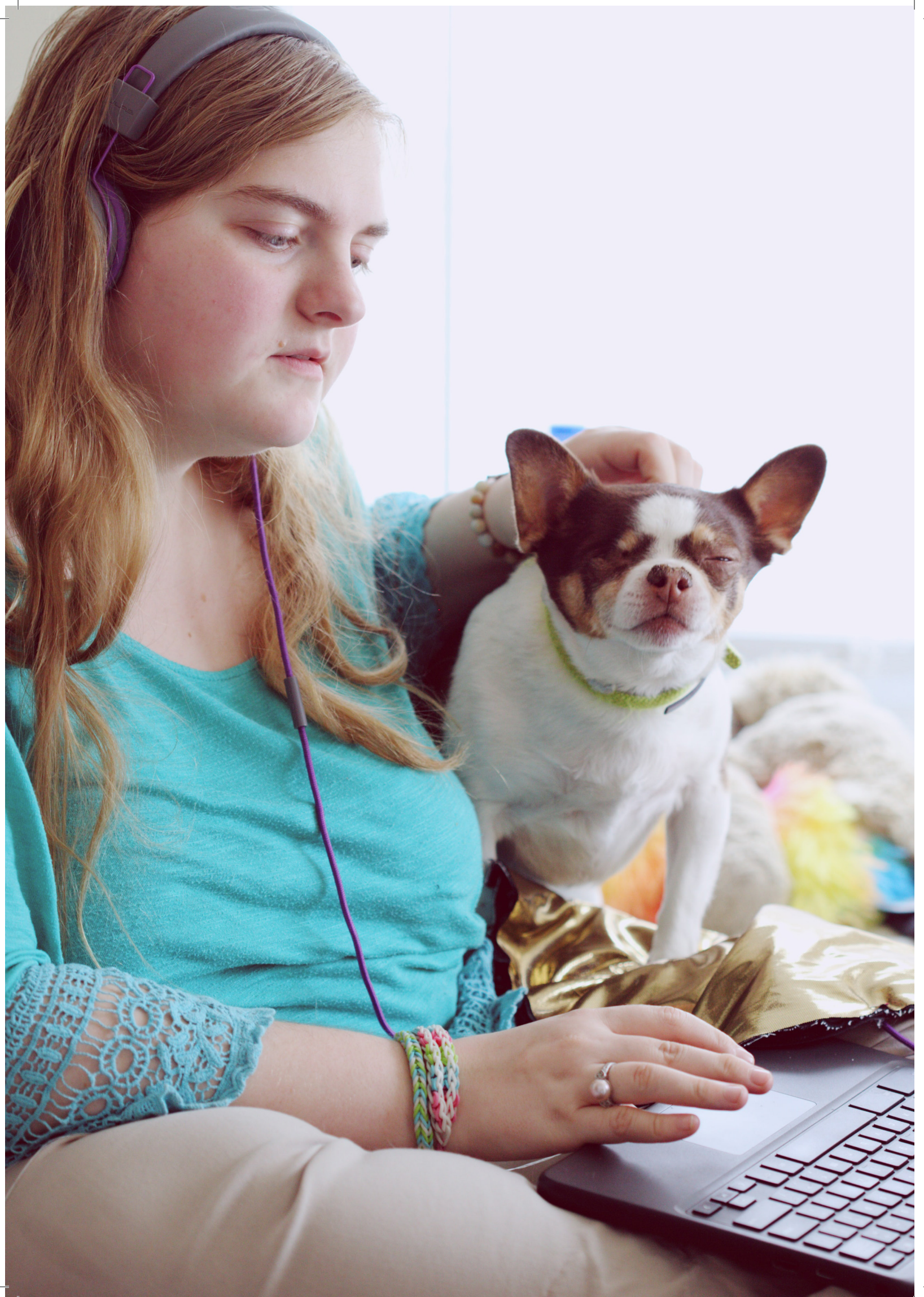
Bay of Plenty

Your COVID-19 vaccination guide

bopdhb.health.nz/vaccine



Unite
against
COVID-19

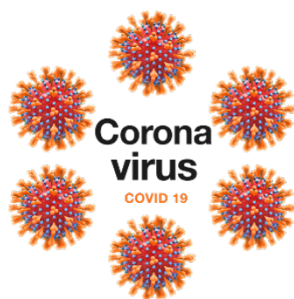


What is COVID-19?	1
What is the COVID-19 vaccine?	3
Who can get the COVID-19 vaccine?	5
When can I get the COVID-19 vaccine?	6
Flu vaccines	7
Do I have to get the COVID-19 vaccine?	8
What will happen if I say yes?	9
Booking your vaccination	10
On the day of your appointment	13
Before you get your vaccination	14
When you get your vaccination	16
After your vaccination	17
When you go home	18
When should you call the Doctor?	20
Your next injection	21
COVID-19 health reminders	22
What will happen if I say no?	23
Can I change my mind?	24
How do I decide?	25
More information about COVID-19	32

What is COVID-19?



A virus is something that can make people sick.

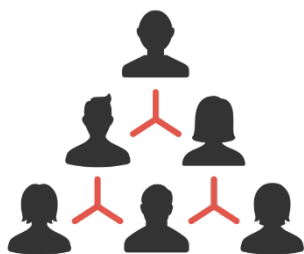


A type of virus that can make people sick is called **COVID-19**.



COVID-19 is making people sick all around the world.

What is COVID-19?



COVID-19 can pass from person to person.



Some people who have COVID-19 do not feel sick but they can give the virus to other people.



Some people get sick from COVID-19 for a long time.

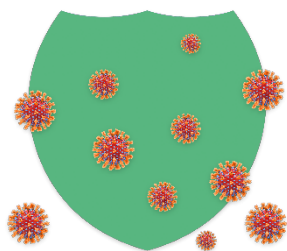


Some people die from COVID-19.

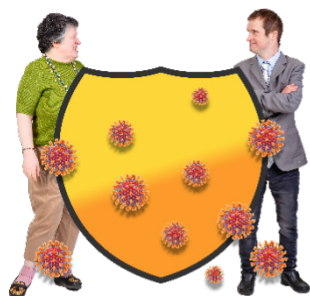
What is the COVID-19 vaccine?



A vaccine is an injection that is usually given in your arm.



A vaccine helps your body to make antibodies.



Antibodies help your body to fight off sickness.

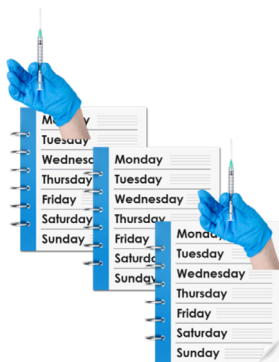
What is the COVID-19 vaccine?



The COVID-19 vaccine can help stop you and other people from getting very sick.



You need to have 2 vaccine injections to be protected from COVID-19.



The vaccine injections are given at least 3 weeks apart.

Who can get the COVID-19 vaccine?



Everyone in New Zealand can get the COVID-19 vaccine if they:

- are over 16 years old



- want to have the vaccine.

When can I get the COVID-19 vaccine?



There are a lot of people in New Zealand who want to get the COVID-19 vaccine.



The Government is going to give people the vaccine in groups.

Flu vaccines



The **COVID-19** vaccine is not the same as the **flu** vaccine.



Both can help stop you and other people from getting very sick.



If you usually get the flu vaccine you can still get it this year.



You need to wait 2 weeks after your flu vaccine before you get the COVID-19 vaccine.

Do I have to get the COVID-19 vaccine?



It is your choice if you want to get the COVID-19 vaccine:

- it is ok to say **yes**
- it is ok to say **no**
- it is ok to change your mind.



It is ok to say you want more information before you decide.



It is ok to say you want more time to decide.



It is good to talk about it with people you trust to help you decide.

What will happen if I say **yes?**



The next pages are about
what will happen if you get
the **COVID-19** vaccine.

Booking your vaccination



You or someone you trust can book your appointment for you.



You can book your vaccination by visiting the website [BookMyVaccine.nz](https://bookmyvaccine.nz), or calling the COVID-19 Vaccination Healthline on **0800 28 29 26**. You can call from 8 am to 8 pm, seven days a week.

If you have any problems booking or need to change your appointment details, you can email the Book My Vaccine team on booking@vaccine.covid19.health.nz

For the best protection, it's important to get your second dose of the COVID-19 vaccine. Your second appointment will be booked at least three weeks after your first.

Booking your vaccination



When you make your bookings, you will be asked what things you need at your appointment to feel:



- safe
- comfortable.



You will also be asked if you need any help to get to the appointment.

Booking your vaccination



If you have a mobile phone, you should receive a reminder via text message before your two appointments.

On the day of your appointment



Please come to the vaccination centre at the right time.



We will ask you for your:

- name



- address



- phone number.

Before you get your vaccination



We will ask you if you:

- are well
- have been close to anyone who has COVID-19.



We will show you where to sit to have your injection.



You can bring a support person with you if you want.

Before you get your vaccination



We will ask you if you want to get the COVID-19 vaccine.



You can say **yes** or **no**.



You can ask for more time to decide.



You can ask for more information.

When you get your vaccination



The nurse will give you an injection in your arm by your shoulder.



You can choose which arm you want the injection in.

After your vaccination



You will need to wait at the clinic for 20 minutes to make sure you are feeling ok.



A nurse will tell you when you can leave.

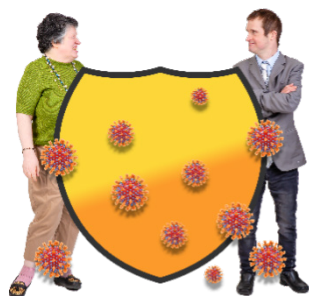
When you go home



You might have a sore arm where you got the injection.



You might feel like you have a cold.



This is your body building up protection to COVID-19.

When you go home



These are some things that you can do to look after yourself:

- put a cold wet cloth on your arm where you got the injection



- drink lots of water



- rest at home



- take medicine like Panadol if you need to – make sure you follow the instructions.

When should you call the Doctor?



Call your doctor or Healthline if you:

- feel very sick



- feel like you are getting sicker



- are worried about how you feel.



**Call Healthline on
0800 358 5453**

Your next injection



You will be requested to receive your second dose of the vaccine at least three weeks after receiving your first dose.



Keep the date free so you can come.
For the vaccine to be effective, you must receive the second dose of the vaccine.



Two weeks after your second injection, you will be fully vaccinated against COVID-19.

COVID-19 health reminders

After vaccination you still need to practice COVID-19 health measures.



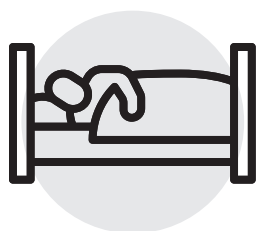
Wash or sanitise your hands



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

What will happen if I say **no**?



It is your choice if you want to get a vaccine for COVID-19.



It is ok if you say **no**.



If you say **no** you will not get the vaccine.



No-one can make you get the vaccine.

Can I change my mind?



If you said **no** it is ok to change your mind and get the vaccine.



If you said **yes** it is ok to change your mind even if you:



- are at the vaccination centre



- have already had the first injection.

How do I decide?



A good way to make your choice is to think about:

- reasons **to have** the vaccine



- reasons for **not having** the vaccine.

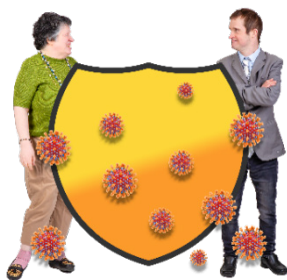
How do I decide?



What are some reasons
to have the COVID-19
vaccine?



- To protect yourself from getting COVID-19.



- To protect other people from getting COVID-19.

How do I decide?



- To feel less worried when someone in New Zealand gets COVID-19.



- To make it safer to travel to other countries.

How do I decide?



Can you think of some more reasons **to have** the COVID-19 vaccine?

How do I decide?



What are some reasons for **not having** the COVID-19 vaccine?



- You may be worried about getting an injection.



- You may have a sore arm for a few days after the injection.



- You may feel sick like a cold or flu for a few days after the injection.

How do I decide?



Can you think of some more reasons for **not having** the COVID-19 vaccine?

How do I decide?



Talk about your lists of reasons with people you trust.



What do you think is the right choice for you?



Remember: it is **your** choice.

More information about COVID-19



For Easy Read information about the COVID-19 vaccine and making decisions:

www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-resources-and-tools/covid-19-accessible-information/covid-19-easy-read-information



For updates on our local vaccination programme:

bopdhb.health.nz/vaccine



For information about the national vaccine rollout:

www.covid19.govt.nz



Images used are
from Photo Symbols.



BAY OF PLENTY
DISTRICT HEALTH BOARD
HAUORA A TOI

**Unite
against
COVID-19**

bopdhb.health.nz/vaccine

