

Te Whatu Ora
Health New Zealand

Te Aka Whai Ora
Māori Health Authority



Information about getting a vaccine



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**Te Kāwanatanga
o Aotearoa**
New Zealand Government

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What is this document about?

Te Whatu Ora
Health New Zealand

This Easy Read document is from Te Whatu Ora - Health New Zealand about getting a **vaccine**.



A **vaccine** is a medicine that can keep you safe from getting sick from a disease.

It works by helping your body make **antibodies** against the disease.



Antibodies help your body fight off illnesses.



The part of your body that makes antibodies is called your **immune system**.

When to get a vaccine



In Aotearoa New Zealand we have a **National Immunisation Schedule**.

National means all of the country.

Immunisation means:

- getting a vaccine
- then being protected from the disease.



The **Schedule** tells you when you can get your vaccines.



Most vaccines on the schedule are given as injections.



Each vaccine is done at the best time to make your immune system stronger.



Not getting your vaccine on time puts you / your whānau at risk of getting very sick.



Sometimes you might not be able to get your vaccine on time.



If you miss a vaccine at the time the Schedule says you should get it you can get a **catch-up immunisation**.



To get a catch-up immunisation you can contact your healthcare provider to sort out an appointment.



Your healthcare provider could be:

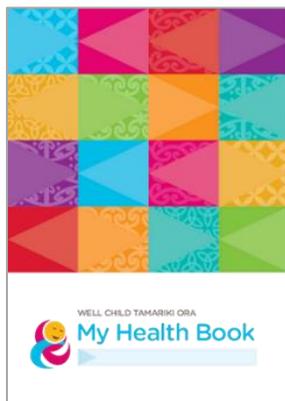
- a doctor like your GP
- a nurse
- someone else who can give you healthcare advice like a pharmacist.



How to check if you have missed getting a vaccine



To find out if you / your child has had all the right vaccines you should contact your healthcare provider.



You can also check your **Well Child Tamariki Ora My Health Book**.

This used to be called the Plunket Book.



If you are not able to find out if you have had all your vaccines it may be best to get vaccinated anyway.



This is to make sure you are not at risk of getting sick.

Paying for your vaccine



The vaccines on the National Immunisation Schedule are free:

- in Aotearoa New Zealand
- for everyone under 18 years old.



This means it will not cost you any money to get these vaccines.



You may need to pay for extra vaccines that are not on the Schedule.

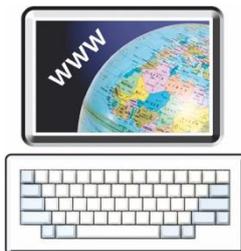


Some adult vaccines are also free.



If you are pregnant you can get free vaccines for:

- whooping cough
- influenza which is also called the flu
- COVID-19.



You can find out more about extra vaccines at the Immunise NZ website at:

www.immunise.health.nz/extra



You should check with your healthcare provider when you book a vaccine to see if you will need to pay.

How to book a vaccine

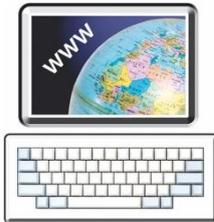


You should contact your healthcare provider to book a vaccine.



You can usually do this by:

- calling them on the phone
- going to their website for other ways to contact them.



You will need to contact them at least 2 weeks before you want the vaccine.



This is to be sure you can book a day / time that works best for you.

You can contact your healthcare provider to arrange a vaccine for:



- you
- your child
- someone else you care for.

You will need to give them some information about the person who will be having the vaccine like:



- the person's name
- the date they were born.



Your healthcare provider will know what vaccines you need by checking your health records.

Booking your vaccine at a pharmacy



You may be able to get some vaccines at your local pharmacy.



You can contact your local pharmacy to see what vaccines they offer.



You may need to book an appointment to get your vaccine.



You should ask if you will need to pay for the vaccine before you book.



You can find a list of pharmacies on the Healthpoint **website** at:

<https://www.healthpoint.co.nz>



The vaccines you may be able to get at your pharmacy include:

- flu
- measles mumps and rubella also called **MMR**
- chickenpox
- shingles
- human papillomaviruses / HPV
- tetanus
- diphtheria
- meningococcal
- whooping cough
- COVID-19.



Planning for your vaccine



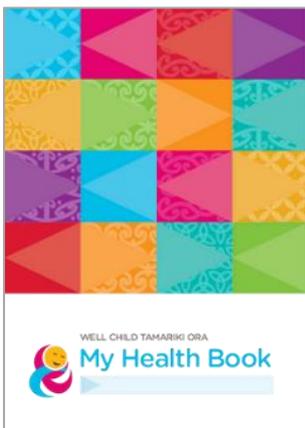
Your vaccine appointment will take around 30 to 45 minutes.



This includes 20 minutes of waiting time after you have had the vaccine.



It may take more time if you are bringing more than 1 child / other whānau with you to get their vaccine.



If your child is having a vaccine you should bring their Well Child Tamariki Ora My Health Book to the appointment if you have it.



This is so the person who gives the vaccine called the **vaccinator** can write down what vaccines they had.



A **vaccinator** is the person who gives you / your child their vaccine

Immunisation Certificate

This certificate is required by the Health (Immunisation) Regulations 1995. It is to be shown when a child starts at an early childhood centre, kindergarten or primary school.

Child's family name: _____
 Child's first name: _____
 Date of birth: _____

Vaccinator to complete information on entry on these immunisations according to the National Immunisation Schedule. For detailed information about immunisation schedules required to be fully immunised, visit the www.health.govt.nz/our-services/health-immunisation

Fully immunised to 15 months **Not fully immunised**

First fully immunised: Tick boxes for dates and doses of these vaccines given, or laboratory proven if applicable.

Poliovirus	<input type="checkbox"/>	MM2/MS2	<input type="checkbox"/>	Haemophilus	<input type="checkbox"/>
Diphtheria	<input type="checkbox"/>	MM1	<input type="checkbox"/>	Meningococcal	<input type="checkbox"/>
Tetanus	<input type="checkbox"/>	MM1/MS1	<input type="checkbox"/>	Meningococcal	<input type="checkbox"/>
Whooping cough	<input type="checkbox"/>	MM2/MS2	<input type="checkbox"/>	Meningococcal	<input type="checkbox"/>
Measles	<input type="checkbox"/>	MM1	<input type="checkbox"/>	Meningococcal	<input type="checkbox"/>
Mumps	<input type="checkbox"/>	MM1	<input type="checkbox"/>	Meningococcal	<input type="checkbox"/>
Scarlet fever	<input type="checkbox"/>	MM1	<input type="checkbox"/>	Meningococcal	<input type="checkbox"/>
Rotavirus	<input type="checkbox"/>	MM2/MS2	<input type="checkbox"/>	Meningococcal	<input type="checkbox"/>
MM1/MS1	<input type="checkbox"/>	MM1	<input type="checkbox"/>	Meningococcal	<input type="checkbox"/>
MM2/MS2	<input type="checkbox"/>	MM1	<input type="checkbox"/>	Meningococcal	<input type="checkbox"/>

Vaccinator's declaration
 I agree that this immunisation information is correct. I have also asked what may happen if my child does not get vaccinated.

Signature: _____ Date: _____

Fully immunised to 5 years **Not fully immunised**

First fully immunised: Tick boxes for dates and doses of these vaccines given, or laboratory proven if applicable.

Poliovirus	<input type="checkbox"/>	MM2/MS2	<input type="checkbox"/>	Haemophilus	<input type="checkbox"/>
Diphtheria	<input type="checkbox"/>	MM1	<input type="checkbox"/>	Meningococcal	<input type="checkbox"/>
Tetanus	<input type="checkbox"/>	MM1/MS1	<input type="checkbox"/>	Meningococcal	<input type="checkbox"/>
Whooping cough	<input type="checkbox"/>	MM2/MS2	<input type="checkbox"/>	Meningococcal	<input type="checkbox"/>
Measles	<input type="checkbox"/>	MM1	<input type="checkbox"/>	Meningococcal	<input type="checkbox"/>
Mumps	<input type="checkbox"/>	MM1	<input type="checkbox"/>	Meningococcal	<input type="checkbox"/>
Scarlet fever	<input type="checkbox"/>	MM1	<input type="checkbox"/>	Meningococcal	<input type="checkbox"/>
Rotavirus	<input type="checkbox"/>	MM2/MS2	<input type="checkbox"/>	Meningococcal	<input type="checkbox"/>
MM1/MS1	<input type="checkbox"/>	MM1	<input type="checkbox"/>	Meningococcal	<input type="checkbox"/>
MM2/MS2	<input type="checkbox"/>	MM1	<input type="checkbox"/>	Meningococcal	<input type="checkbox"/>

Vaccinator's declaration
 I agree that this immunisation information is correct. I have also asked what may happen if my child does not get vaccinated.

Signature: _____ Date: _____

If your child is older than 15 months your vaccinator can give you an **immunisation certificate**.

An **immunisation certificate** shows what vaccines your child has had.



You will need to show the immunisation certificate to the early childhood centre / school your child goes to.



You do not need to bring **ID** to the appointment.



ID is a kind of document you can use to show someone who you are like:

- a driver licence
- a passport
- a Kiwi Access Card.



Changing your vaccine appointment



If you need to change your appointment time you should let your healthcare provider know as soon you can.



You can make a new appointment time that works better for you.



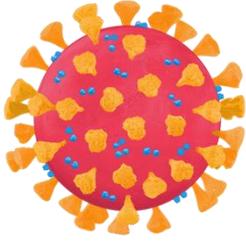
This also means your appointment time can be given to someone else.



You should also let your healthcare provider know if you feel unwell on the day of your appointment.



They can tell you if you should still get the vaccine.



You should not get any vaccine if you are unwell with COVID-19.



You should contact your healthcare provider to make another appointment.

If you need support



When you make an appointment to get your vaccine tell your healthcare provider if you need extra support.



This extra support may be because you or your child have a disability or health condition.



Your healthcare provider may be able to support you by:

- providing a quiet place away from other people where you can have your vaccine
- supporting you with other tamariki / children you bring with you to the appointment.



Your healthcare provider may also be able to support you by:



- making the space easier for you to move in
- making the vaccine appointment more accessible in other ways.



Your healthcare provider may also be able to arrange for you to have your vaccine at home.



Getting a vaccine at home may be done by another health service.



If you are nervous about your appointment you can bring a whānau member / friend with you for support.



If you need extra support you can chat to the disability support team at Whakarongorau which is a disability helpline.

You can:



- email:

access@whakarongorau.nz



- phone:

0800 11 12 13



- send a text to:

8988



It will not cost you any money to phone / text us.

Getting your vaccine



The vaccinator will talk to you about:

- the vaccine before you get it
- how you might feel after you have the vaccine.



You can ask the vaccinator any questions you have.



You will be asked if you are happy to go ahead with having the vaccine.



For some vaccines you may need to sign a **consent form**.



A **consent form** is a piece of paper you sign to show you:

- say yes to having the vaccine
- understand the risks / benefits of having it.



To make getting the vaccine easier you should wear a T-shirt so your sleeve can be rolled up to your shoulder.



Babies under 12 months old have all their injections in their thighs.



Children over 1 year old have their injections in:

- the top of their arms
- their thighs.



It is okay to bring any kai / drinks you might need to the appointment.



If your tamariki / children are nervous you can bring something to the appointment to make them feel more relaxed like:



- a soft toy
- a smartphone / iPad
- a book.



If your tamariki / children are nervous about having the vaccine you can support them by:

- talking to them
- cuddling them
- holding their hand.



This can help comfort them while getting their vaccine.



Children can tell when their parents are feeling anxious so it is best to stay calm.



Feeding your baby while they are getting their vaccine can also support them to feel more relaxed.

If you are scared of needles

Some people are scared of needles.



You should let the vaccinator know if anyone is scared of needles before they get the vaccine.



This could be:

- you
- your child.



The vaccinator will know what to do to make you feel as comfortable as possible.



After your vaccine



You will be asked to wait up to 20 minutes after you have had the vaccine.



This is to make sure you / your tamariki are feeling okay.



Some people will get **side effects** after they have had a vaccine.



Side effects are ways the vaccine might make you feel unwell.



The sort of side effects you / your child might get after having a vaccine are things like:



- having a sore arm / thigh
- having some redness where the needle went in
- having some swelling where the needle went in
- having a fever which is when you feel very hot.



It is normal to get some side effects after getting a vaccine.



This means the vaccine is working.



Any side effects usually go away after a few days.



The vaccine will still be working even if you do not get any side effects.



You should contact your health provider if you are worried about any side effects after getting a vaccine.



You can also call Healthline any time on:

0800 611 116.



Calling Healthline will not cost you any money.

Te Whatu Ora
Health New Zealand

This information has been written by
Te Whatu Ora – Health New Zealand.



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by the Make it Easy Kia Māmā Mai
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