

# Getting my Covid vaccine

## Getting my first Covid-19 vaccine

- Everyone over 12 years old can get the Covid–19 vaccine.
- It is helping to protect people from getting sick with Covid–19.
- This vaccine is an injection that goes into your arm.
- People in New Zealand can get this vaccine from special clinics that might be set up at a hospital, at day centres or in the community.
- I will be able to get my vaccine too.



## Getting my second Covid-19 vaccine

For the vaccine to work you need to have two injections but not on the same day. You have the second between 3-6 weeks later.

Calendar						
		●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●		●	●	●	●	●
●	●	●	●			

## Preparing to get my vaccination

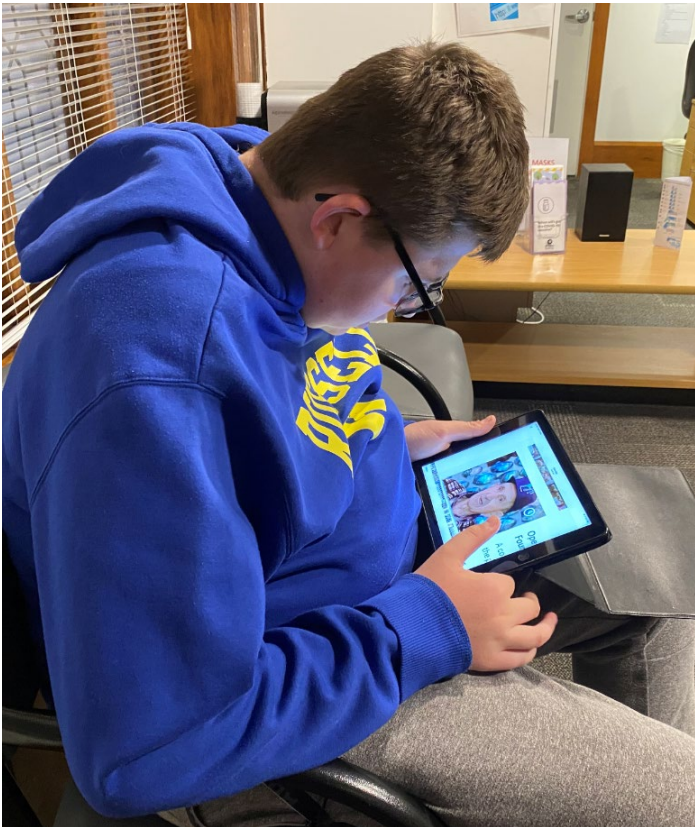
Going to the vaccination clinic might make me feel a bit worried or anxious. I might even feel a bit scared. There might be people waiting and nurses walking around. It will be good to have someone I know really well there to support me.



## Waiting to get my vaccination

When I go to get my vaccine, I will go with \_\_\_\_\_

I can take something special to help me. It might be my iPad, or my headphones, music or even something yummy I like to eat.



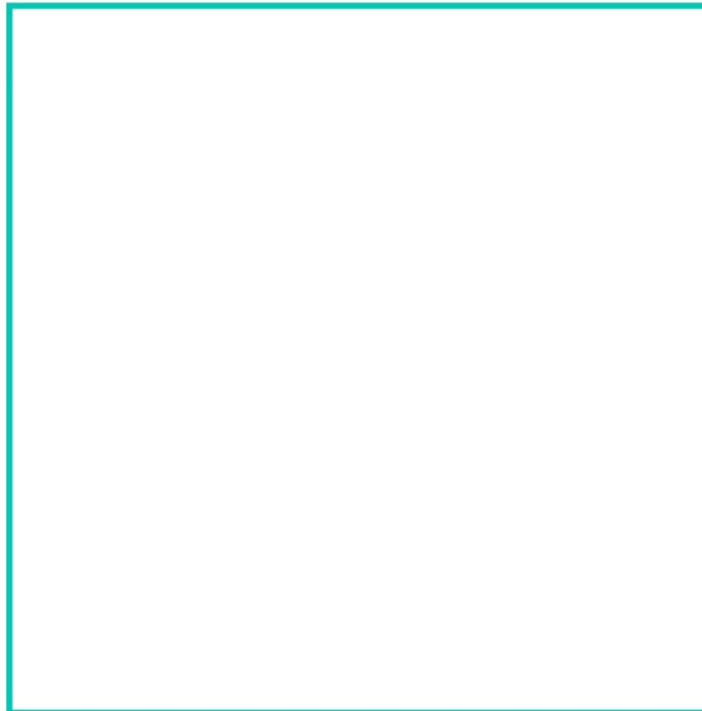
## First and then

If it helps me, I can use a FIRST THEN card to see that after my injection, I can do something that is rewarding. It might be a real treat!

**FIRST**



**THEN**



## What to expect on the day

When I get to the clinic, I will go into a waiting room. I will have my card with me to see what is going to happen.



Go to the place I am getting my vaccine



Wait your turn



Meet the vaccinator



The vaccinator might ask some questions



5-4-3-2-1 and done!



Plaster



Get your vaccination card






Wait 20-30 minutes and all done!

# Getting your vaccine

When it is my turn to get my injection, I will go with the nurse. It might be behind a screen or in a booth. It will be quiet. I will have my Communication Card with me. I will be able to share information about me and how I am feeling. It's okay to say if I'm a bit scared. I might have my special person there to support me.

## Communication Card

Hello, my name is:			
My NHI# is:			
My birthday is:			
I live at:			
My contact phone number is:			
Today, I am feeling:	 Happy	 Worried	 Unwell (sick)
Some of the things that will help me are:			





## Getting your vaccine

When I get my injection, it's important that I sit as still as I can and keep my hands on my body. I can look at my card to see what is going to happen next. The nurse will wipe my arm with a cool wipe. This cleans my arm. The nurse will put the injection into my arm and then out again. It might feel like a sting or a sharp scratch, but it will be really fast.

The nurse will put a plaster on the spot where the vaccine went in.



## After getting your vaccine

After my injection, I need to go back to the waiting room. I have to stay there for 20 minutes. This is really important to make sure that I am okay. I can use my iPad, or listen to music while I wait. The nurse will tell me when I can go home.



After my vaccine, my arm might be a bit sore. I might get a headache or feel a bit tired. That's okay it won't last long. I think my nurse will be really caring. I might want to say Thank you. I might even give a thumbs up or a high five.

In 3-6 weeks, I will need to go back for another vaccine injection. I might feel a bit worried about going back but I know that it is really quick. I will get a card to show that I have had my vaccinations. I will feel really pleased that I have been able to have my injection and keep myself safe.

