

Immunising during COVID-19

PROTECTING YOUR TAMARIKI AND YOUR WHĀNAU

Helpful facts and tips to make your child's routine immunisations easier and safer during all COVID-19 alert levels

We can't vaccinate against COVID-19, but we can protect against other serious diseases like whooping cough and measles. A lot has changed for whānau – but this hasn't.

Immunisation is one of the best ways to protect your whānau and remains a priority for parents during all COVID-19 alert levels, especially those with new babies.

Protecting your whānau during all COVID-19 alert levels

- Immunisation is one of the best ways to protect against serious diseases like whooping cough and measles.
- **Immunisation during pregnancy** protects your pēpi when they are born and yourself during pregnancy against whooping cough and influenza.
- Your child's free, routine immunisations are due at **6 weeks, 3 months, 5 months, 12 months, 15 months and 4 years**, and are more important than ever.
- Delaying immunisation puts your child at greater risk of serious diseases, particularly whooping cough and measles.



Booking your child's immunisation appointment

Call your doctor or nurse ahead of time, so they can explain how they will keep you and your whānau safe while vaccinating. All healthcare services have procedures in place to make vaccinating safe, for example:

- a special day or time is set aside for immunisations
- appointments are spaced out so there's no overlap between patients
- appointment rooms are cleaned thoroughly between patients
- a separate area is set aside for immunisations.

Before seeing your doctor or nurse, you may be asked a few questions about your family's general health. If you think you or a member of your whānau have been exposed to COVID-19, it's important to let your doctor or nurse know.

If you, your child or a member of your whānau is feeling sick talk to your doctor or nurse. They can let you know the best time to get your child immunised.

After their immunisation, you may be asked to wait for a short time. This is a safety measure to make sure that medical treatment is available in the rare case that an allergic reaction occurs.

Protect your whānau – immunise on time

Immunisation is recommended and safe during all COVID-19 alert levels.

Talk to your doctor, nurse or healthcare professional about how they can immunise safely during all COVID-19 alert levels.

For more information:

Call: **Healthline 0800 466 863**

Visit: **health.govt.nz/immunisation**

immunise

their best protection