

Unite
against
COVID-19

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(New Zealand
Government, 2022b)

Get your vaccine booster

Learn about booster doses for COVID-19 vaccines, when you need one and how to get it.

Shorter gap for boosters

People aged 18 and over can now get a Pfizer booster **3 months (93 days)** after their second dose.

Getting your booster will give you and your whānau greater protection from COVID-19, including Omicron.

We are encouraging everyone who is eligible to get their booster in February.

The Big Boost (https://web.archive.org/web/20220205003401mp_/https://covid19.govt.nz/covid-19-vaccines/how-to-get-a-covid-19-vaccination/getting-your-booster-dose/the-big-boost/)

Why we have reduced the timeframe to get a booster

The latest advice from the COVID-19 Technical Advisory Group recommends shortening the interval to 3 months.

By reducing the interval, an additional 1 million New Zealanders are eligible to receive their booster before the end of summer. This means more people — especially Māori — will be able to receive a booster before Omicron reaches its peak.

Who can get a vaccine booster

You can get a free booster now if:

- you are aged 18 or over, and
- you are fully vaccinated, and
- it has been at least **3 months** since you completed your primary course (for most people, this is 2 doses).

If you have already booked your booster dose with a 4 month gap, you can keep your original appointment, or change it.

Check when you are due for a booster

To find out how long it has been since your second dose:

- view your vaccination records on [My Covid Record](https://web.archive.org/web/20220205003401mp_/https://mycovidrecord.health.nz/) (https://web.archive.org/web/20220205003401mp_/https://mycovidrecord.health.nz/)
- call the COVID Vaccination Healthline on [0800 28 29 26](tel:0800282926)

If you received your second dose in...

you can get a booster:

October

now

November

February

December

March

Why boosters are not available for people aged 17 and under	+
If you were vaccinated in another country	+
If you are at high risk of severe disease from or exposure to COVID-19	+

Expand all +

How to get your booster

- Visit a walk-in vaccination centre: [Find a vaccination centre](https://web.archive.org/web/20220205003401mp/https://covid19.govt.nz/covid-19-vaccines/how-to-get-a-covid-19-vaccination/get-your-covid-19-vaccination/#walk-in) (<https://web.archive.org/web/20220205003401mp/https://covid19.govt.nz/covid-19-vaccines/how-to-get-a-covid-19-vaccination/get-your-covid-19-vaccination/#walk-in>).
- Book over the phone: 0800 28 29 26 (8am to 8pm, 7 days a week).
- Book online through [Book My Vaccine](https://web.archive.org/web/20220205003401mp/https://bookmyvaccine.covid19.health.nz/) (<https://web.archive.org/web/20220205003401mp/https://bookmyvaccine.covid19.health.nz/>).

When you arrive for your booster, the date of your last vaccination will be checked in the COVID Immunisation Register (CIR).

Why you should get a booster

We are encouraging everyone aged 18 and over who has been fully vaccinated for at least 3 months to get a free booster now.

Current evidence shows your protection against infection after 2 doses slowly decreases over time. A booster dose will give you greater immunity against COVID-19, including Omicron.

A booster also helps reduce the chance of more serious infection, and it will be less likely that you need hospitalisation.

[About the Omicron variant | health.govt.nz](https://web.archive.org/web/20220205003401mp/https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-health-advice-public/about-covid-19/covid-19-about-omicron-variant)

(<https://web.archive.org/web/20220205003401mp/https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-health-advice-public/about-covid-19/covid-19-about-omicron-variant>)

If you are pregnant

If you are pregnant and aged 18 years and older, it is recommended you receive a booster of the Pfizer vaccine to help protect you and your baby against the effects of COVID-19. The booster can be given at any stage of pregnancy, at least 3 months after your primary course (for most people, this is 2 doses).

You should discuss the timing of a booster with your midwife, obstetrician or general practitioner.

[Vaccine advice if you are pregnant or breastfeeding](https://web.archive.org/web/20220205003401mp/https://covid19.govt.nz/covid-19-vaccines/get-the-facts-about-covid-19-vaccination/pregnancy-and-vaccination/)

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If you are immunocompromised

The booster is different to the third primary dose recommended for people who are immunocompromised. People eligible for a third primary dose can access a booster dose 3 months after receiving their third primary dose.

[Vaccine advice if you have a health condition](https://web.archive.org/web/20220205003401mp/https://covid19.govt.nz/covid-19-vaccines/get-the-facts-about-covid-19-vaccination/vaccine-advice-if-you-have-a-health-condition/)

(<https://web.archive.org/web/20220205003401mp/https://covid19.govt.nz/covid-19-vaccines/get-the-facts-about-covid-19-vaccination/vaccine-advice-if-you-have-a-health-condition/>)

Which vaccine you will be given

The Pfizer vaccine is the main vaccine being used in New Zealand for boosters, even if you had a different vaccine for your earlier doses.

What you need to know about the Pfizer vaccine

(<https://web.archive.org/web/20220205003401mp/https://covid19.govt.nz/covid-19-vaccines/get-the-facts-about-covid-19-vaccination/what-you-need-to-know-about-the-pfizer-vaccine/>)

An AstraZeneca booster is only available **4 months** after the second dose, but you will need a prescription. You can get a prescription at the vaccinating AstraZeneca clinic or before your appointment with your preferred doctor. It is free to visit the doctor for an AstraZeneca booster prescription.

What you need to know about the AstraZeneca vaccine

(<https://web.archive.org/web/20220205003401mp/https://covid19.govt.nz/covid-19-vaccines/get-the-facts-about-covid-19-vaccination/what-you-need-to-know-about-the-astrazeneca-vaccine/>)

Booster side effects

Side effects of booster doses are like those from primary vaccine doses. These include pain, redness or swelling at the injection site, headache, nausea and feeling tired or fatigued.

Side effects (<https://web.archive.org/web/20220205003401mp/https://covid19.govt.nz/covid-19-vaccines/how-to-get-a-covid-19-vaccination/what-to-expect-when-you-get-your-vaccinations/side-effects-of-covid-19-vaccines/>)

Boosters and My Vaccine Pass

You do not need to get a booster to be eligible for a My Vaccine Pass or International Travel Vaccination Certificate.

Your My Vaccine Pass will remain valid, even if you do not get a booster dose.

At this stage, all My Vaccine Passes expire six months from date of issue, or on 1 June 2022, whichever comes sooner.

My Vaccine Pass (<https://web.archive.org/web/20220205003401mp/https://covid19.govt.nz/covid-19-vaccines/covid-19-vaccination-certificates/my-vaccine-pass/>)

International Travel Vaccination Certificate

(<https://web.archive.org/web/20220205003401mp/https://covid19.govt.nz/covid-19-vaccines/covid-19-vaccination-certificates/international-travel-vaccination-certificate/>)

When boosters are mandatory

(<https://web.archive.org/web/20220205003401mp/https://covid19.govt.nz/covid-19-vaccines/covid-19-vaccination-certificates/international-travel-vaccination-certificate/>)

Workers covered by the Mandatory Vaccinations Order

The Vaccination Order makes it mandatory for workers in critical workforces to also receive a booster shot.

The timeframes for workers to get a booster still remains the same.

Vaccinations and work

(<https://web.archive.org/web/20220205003401mp/https://covid19.govt.nz/covid-19-vaccines/vaccinations-and-work/>)