



care+advice

Following Ministry of Health criteria, eligible people to get vaccinated now are:

- Older Maori and Pacific (including carers and people they live with)
- Aged 65+ or with an underlying health condition* or disability living in the Counties Manukau DHB area
- Living in NZ aged 65+, or people with underlying health conditions*, or disabled people

* Relevant underlying health conditions include, coronary heart disease, hypertension, stroke, diabetes, chronic obstructive pulmonary disease/chronic respiratory conditions, kidney disease and cancer

Important time periods to wait between having the Flu or MMR vaccines and the Covid-19 vaccine

- 2 weeks between the Pfizer Covid-19 vaccine and influenza (flu) vaccine
- 4 weeks between the Pfizer Covid-19 vaccine and the Measles, Mumps and Rubella (MMR) vaccine if you get the MMR vaccine first
- 2 weeks between the Pfizer Covid-19 vaccine and the MMR vaccine if you get the Covid-19 vaccine first

On the day of your Covid vaccine appointment

Parking: on-site parking at the front and rear of the clinic building

Clothing: wear comfortable loose clothing i.e. a sleeve/top that can be rolled up easily

Tell your vaccinator if:

- You are unwell
- You've had a severe allergic reaction to any vaccine or injection in the past
- You're on blood-thinning medications or have a bleeding disorder





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- You've had any vaccines in the past four weeks
- You are pregnant or breastfeeding
- You are currently receiving the cancer drugs Keytruda, Opdivo, Yervoy or Tecentriq or have done so in the past six months.
- Please see the Covid-19 Vaccine [website](#) for more information

Please note if you can't make the appointment please let us know as soon as possible by phoning 09 273 8980 to avoid vaccine wastage.

