



I'm pregnant or
breastfeeding.
Can I have the
COVID-19 vaccine?



COVID-19 vaccine

- New Zealand is using the Medsafe approved Pfizer vaccine
- Pfizer vaccine is safe to get if you are pregnant or breastfeeding
- Can be given at any stage of your pregnancy
- Results from the large number of pregnant women from around the world shows that COVID-19 vaccines are safe.

Why get vaccinated?

- If you get COVID-19 while you're pregnant you are at more risk of getting sick
- Your unborn peepi can get protection from the virus through the placenta/whenua
- Your peepi can get some protection against COVID-19 through your breastmilk.

To get a vaccination you can:

- book online <https://bookmyvaccine.covid19.health.nz/>
- call the COVID Vaccination Healthline on **0800 282 926** from 8am - 8pm, 7 days a week
- call Pacifica Peoples Healthline **0800 21 12 21** from 8am - 8pm, 7 days a week



If you have any questions or need help with booking please talk to your midwife or doctor.



Tui puipui o le Koviti-19

- O lo'o fa'aaogaina e Niu Sila le tui puipui o le Pfizer. O lea tui sa fa'amaonia e Medsafe, o se fa'alapotopotoga fa'apitoa a le ofisa o le soifua māloloina I Niu Sila
- E sefe ma aogā lelei le tui puipui o le Pfizer mo tinā o e ma'itaga po'o e failele
- E mafai ona faia lenei tui puipui I so'o se taimi a'o e feagai ai ma ma'itaga
- I fa'amaumauga a le lalolagi, o lo'o fa'aiiloa ai le aogā ma le tāua o lenei tui puipui (Koviti-19) mo fafine uma o ma'itaga

Aiseā e fai ai le tui puipui?

- Afai e te maua i le fa'ama'i o le Koviti-19 a'o e ma'itaga, o le a telē se afaina e a'afia ai oe I ma'i
- E mafai ona puipuia pepe mai le fa'amai a'o iai I le fanua o lona tina
- E mafai ona puipuia lau pepe mai le fa'amai (Koviti-19) mai le suā susu o le tina

E mafai ona fa'atinoina lou tui puipui (Koviti-19) I fa'alauiloa ua ta'ua I lalo:

- Fai I luga o upega tafa'ilagi (Initeneti) <https://bookmyvaccine.covid19.health.nz/>
- Valaau le numera vili fua mo tui puipui o le Koviti-19 I le **0800 282 926** mai le 8am - 8pm, 7 Aso o le Vaiaso
- Valaau le numera vili fua mo tagata Pasefika I le **0800 21 12 21** mai le 8am - 8pm, 7 Aso o le vaiaso



A iai ni fesili pe mana'omia se fesoasoani I le faia o lou tui puipui (Koviti-19), fa'amolemole fa'afeso'ota'i lau foma'i po'o lau fa'atosaga.