

# Get Boosted!

Unite  
against  
COVID-19

Keeping up to date with your vaccinations is one of the most important things you can do to help protect yourself against COVID-19.

A booster will provide extra protection to a previous vaccination and help your immunity be stronger and last longer.

A second booster is recommended for those at increased risk of severe illness from COVID-19, at least 6 months after a first booster.



**Te Whatu Ora**  
Health New Zealand

**PROTECT YOUR WHAKAPAPA,  
THE PEOPLE & PLACES WE ♥**

# Second boosters

Those eligible for second boosters include:

- people aged 65+
- Māori and Pacific peoples aged 50+
- residents of aged care and disability care facilities
- people aged 16+ who live with disability with significant or complex health needs or multiple comorbidities, or have a medical condition that increases the risk of severe breakthrough COVID-19 illness.

For example:

- immunocompromised conditions,
- cancer,
- chronic lung disease,
- chronic liver disease,
- severe chronic kidney disease (stage 4 or 5),
- chronic neurological disease,
- diabetes mellitus requiring medication,
- chronic cardiac disease,
- trisomy 21 (Down Syndrome) or complex multi-system disorders.

**If you are unsure about your eligibility, or have questions, please talk to your primary health provider or call 0800 28 29 26.**

**Find a vaccination clinic near you:  
[www.southernhealth.nz/COVID19/clinics](http://www.southernhealth.nz/COVID19/clinics)**