

Get your free COVID-19 booster dose

A booster dose is recommended after 3 months

Your first two doses of the COVID-19 vaccine will continue to help protect you from getting seriously ill, being hospitalised and possibly dying.

A booster dose increases your protection from COVID-19, including the Omicron variant, and means you are less likely to pass it on to others.

Who is eligible

Everyone in Aotearoa New Zealand aged 18 and over will become eligible for a booster vaccine dose 3 months after their second dose. All 16 and 17 year olds are eligible to receive a booster dose 6 months after they received their second dose (or third primary dose if they were cleared to receive one).

Māori and Pacific peoples, those aged 65 years and over and those with pre-existing conditions are a priority for booster doses due to their higher risk of severe outcomes if they get COVID-19.

Booster doses are mandatory for workforces covered by the COVID-19 Public Health Response (Vaccinations) Order 2021 (Vaccinations Order). This includes the healthcare, disability, border, MIQ, education, corrections, defence and fire and emergency workforces.

How to get a booster dose

You can get a booster dose by:

- walking into a vaccinating GP clinic or pharmacy that provides a walk-in service – see www.vaccinateforauckland.nz for details
- booking through BookMyVaccine.nz or calling 0800 28 29 26
- making an appointment with your GP, if they are vaccinating and have their own booking system.



Side effects of boosters

Boosters use the same Pfizer vaccine and dose that was used for the first two doses. The side effects of booster doses are similar too. These can include pain, redness or swelling at the injection site, headache, nausea and feeling tired or fatigued.

Overseas vaccinations

If you had your vaccination overseas, you can get a Pfizer booster 3 months after your most recent vaccine (6 months for 16/17 year olds). The Pfizer vaccine is the primary vaccine being used in New Zealand for booster doses, even if you had a different vaccine for earlier doses.

AstraZeneca booster doses

If you would prefer AstraZeneca as a booster dose, a GP visit is necessary as this is currently off-label use of this vaccine and you'll need to obtain a prescription and sign a consent form.

If you are immunocompromised

The booster is different to the third primary dose recommended for people who are severely immunocompromised. Talk to your GP or specialist if you think you might be eligible for a third primary dose. Eligible people can access a booster dose 3 months after receiving their third primary dose (6 months for 16/17 year olds).

If you are pregnant

The Pfizer vaccine booster dose is recommended if you're pregnant to help protect māmā and pēpi. The booster dose can be given at any stage of pregnancy, at least 3 months after the second dose. Please discuss the timing of a booster with your midwife, obstetrician or GP.

Help keep yourself and your loved ones safe.

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