



aroHa
tamariki Health
ki te kahore he whakakitenga ka ngaro te iwi Well
Caring for Northland hauora Making Northland healthi
Tama tu tama ora, tama noho
whānau first love

Time gaps between different vaccinations

All vaccines must be approved as safe and effective by Medsafe before they can be used in New Zealand.

However, like all medicines, vaccines may cause side-effects in some people. Having a gap between different types of vaccinations makes it easier to know which vaccine may be responsible for any side effects.

The Ministry of Health recommends a **minimum two-week gap** between the COVID-19 vaccine and influenza (flu) vaccine.

Timing your vaccinations

If you **are scheduled** to have your COVID-19 immunisation in the next two weeks, you should have the influenza immunisation **two weeks after** your last COVID-19 immunisation dose.

Day 0	Day 21 (3 weeks)	Day 35 (5 weeks +)
COVID-19 dose one	COVID-19 dose two	Influenza

If you **are not scheduled** to have the COVID-19 immunisation in the next two weeks, you should have your influenza immunisation, followed by your COVID-19 immunisation **at least two weeks after** the influenza vaccine.

Day 0	Day 14 (2 weeks +)	Day 35 (or 21 days after COVID-19 dose one)
Influenza	COVID-19 dose one	COVID-19 dose two

Getting your second dose

You'll need to get your second dose of the COVID-19 vaccine 3 weeks after your first.

For the best protection, it's important to get your second dose — even if you get mild side effects after the first dose.

Further information

If you have any questions, seek advice from your general practice, call Healthline on 0800 611 116, or visit <https://covid19.govt.nz/health-and-wellbeing/covid-19-vaccines>