

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.

Timing your COVID-19 and influenza vaccinations

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

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 second COVID-19 immunisation dose. You'll need to get your second dose of the COVID-19 vaccine three 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.

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

Timing your COVID-19 and MMR (Measles, Mumps and Rubella) vaccinations

If you get your MMR vaccination first, you'll need to wait **at least four weeks** before you get your COVID-19 vaccination.

Day 0	Day 28 (4 weeks +)	Day 49 (7 weeks)
MMR	COVID-19 dose one	COVID-19 dose two



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If you get your COVID-19 vaccination first, you'll need to wait **at least two weeks** after your second dose before you get your MMR vaccination.

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

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>