



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.*



Oku ou lolotonga feitama  
pe fakahuhu pepepe.  
**E lava nai keu huhu  
malu'i Koviti-19?**



### Huhu Malu'i Koviti-19

- Oku ngaue'aki 'i Nu'usila ni 'a e huhu malu'i Faisā kuo fakangofua 'e he Medsafe
- Ko e huhu malu'i Faisā 'oku malu ke ma'u 'e he kau fefine feitama pe fakahuhu pepepe
- Oku lava ke ma'u 'a e huhu malu'i 'i ha fa'ahinga taimi pe lolotonga e feitama
- Ko e ola ne ma'u mei he kau feitama tokolahi 'o mamani 'oku ne fakahaa'i mai 'a e malu 'o e huhu malu'i Koviti-19

### Ko e hā hono 'uhinga 'eku huhu malu'i?

- Kapau te ke puke he Koviti-19 lolotonga ho'o feitama, 'oku ke tu'u laveangofua ke puke lahi
- Ko ho'o pepepe 'i manava 'e lava ke malu'i mei he vailasi 'e fou atu mei he fonua
- Oku lava ke malu'i ho'o pepepe mei he Koviti-19 'aki e fakahuhu ho'o pepepe

### Founga ke ma'u ho huhu malu'i:



- Puka he ngaluope 'ahia uepisaiti <https://bookmyvaccine.covid19.health.nz/>
- Telefoni ki he Laine Huhu Malu'i Koviti-19, fika **0800 282 926** taimi 8am - 8pm, 'aho 'e 7 he uike
- Telefoni ki he Laine Kakai Pasifiki fika **0800 21 21 21** taimi 8am - 8pm, 'aho 'e 7 he uike



*Ka 'i ai ha'o fehu'i pe fiema'u tokoni ke puka ho huhu', kataki talanoa ki ho'o neesi mā'uli pe toketaa.*