



## **NIHRACS COVID-19 Vaccination Roll-out Program**

NIHRACS is continuing the Norfolk Island COVID-19 vaccination roll-out and is progressing well. As at Friday, 16 July, NIHRACS has vaccinated 868 people. A big thank you to community members who have helped keep our community safe.

We are working to make sure everyone on Norfolk Island has access to safe, effective and free COVID-19 vaccines and would like to invite all residents aged 16 years and over who wish to have the COVID-19 vaccination to now book an appointment.

Please phone NIHRACS GP Clinic on 22091 during business hours to book in.

To keep you and your community safe, before and after vaccination, it is important that you continue to:

- Stay 1.5 metres away from other people and avoid handshakes and contact with people outside your household
- Stay home if you feel unwell and get tested for COVID-19. You must stay at home until your results come back
- Wash your hands regularly with soap and water or use hand sanitiser
- Always cough or sneeze into your arm or a tissue and put the tissue in the bin straight away.



### **Getting ready for your appointment**

Please do not come to your vaccination appointment:

- if you are feeling unwell with fever, or have a cough or runny nose or other symptoms that could be from COVID-19
- if you are waiting for COVID-19 test results
- if you are a close contact of someone with COVID-19
- if you are in isolation or quarantine.
- If you have had another vaccine in the seven days before your COVID-19 vaccine appointment, please let us know as we may need to reschedule your appointment.

If you cannot make it to your vaccination appointment, please contact us to arrange a new appointment.

### **Plan ahead for two doses**

It is important that you receive two doses of your COVID-19 vaccine. There should be at least three weeks between the two doses if you receive the COVID-19 Pfizer vaccine. Optimal protection against COVID-19 will not occur until about one to two weeks after your second vaccination.

In some circumstances, it may be better to have a discussion with your healthcare provider about vaccination before making an appointment for vaccination.

Residents who have already received their first vaccine dose of AstraZeneca off island can contact the NIHRACS GP clinic to arrange their second dose, which will be Pfizer.



For more information or questions phone the GP Clinic on 22091 during business hours to book a consultation.