

COVID-19 Vaccination Phase 1a and 1b

Staff at Norfolk Island Health and Residential Aged Care Service (NIHRACS) have been working closely with the Australian Government. We are working to make sure everyone on Norfolk Island has access to safe, effective and free COVID-19 vaccines. The vaccination program requires considerable nursing staff and doctors to ensure the correct doses are delivered. We are working within these constraints to ensure the vaccination program on the island occurs as rapidly as we can manage.

In line with the Australian COVID-19 vaccination rollout strategy, NIHRACS has commenced phase 1a vaccinations last week.

NIHRACS will be commencing phase 1b in the coming week which includes the following groups:

Phase 1a

- Frontline healthcare workers
- Aged care residents
- Border force
- Disability support workers

Phase 1b

- Elderly adults 70 years and above
- Other healthcare workers
- Younger adults with an underlying medical condition, including those with a disability
- Critical and high risk workers including defence, police, fire and emergency services

If you are eligible please phone NIHRACS GP Clinic to book an appointment.

NIHRACS are committed to keeping the community updated. There will be further announcements when the phase 2A will be available.

While you wait for your appointment, there are some things you can do now to get ready.

Things you can do to protect yourself and others from COVID-19.

- [practise good hygiene](#)
- practise [physical distancing](#)
- follow the limits for public gatherings
- understand how to [isolate](#) if you need to

Make sure your details are correct

Make sure your details are up to date with Medicare, if you are eligible (note that you can still have a COVID-19 vaccine if you are not eligible for Medicare). You can do this via:

- The Medicare online account through myGov
- The Express Plus Medicare app.
- Calling the Medicare program.

If you don't have your account set up, you can:

- Enrol in Medicare, if you're not already enrolled.

- Set up your Medicare online account, if you're enrolled in Medicare, but don't have Medicare linked to myGov.
- Get an Individual Health Identifier (IHI), if you're not eligible for Medicare.

Once you've had your vaccine, you'll be able to get an immunisation history statement to prove your vaccination status. You can find out how to get your immunisation history statement on the Services Australia website.

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 dose. In some circumstances, it may be better to have a discussion with your healthcare provider about vaccination before making an appointment for vaccination. Please phone the GP Clinic on 22091 during business hours to book a consultation.