

## Speak up if you:

- have had an **allergic reaction** to a previous dose of a COVID-19 jab or to an ingredient of the jab
- have had **anaphylaxis** (a severe allergic reaction) to other jabs or other medicines
- have a **mast cell disorder**
- have a **bleeding disorder** or are receiving anticoagulant therapy (a blood thinner)
- are **pregnant** (or might be pregnant) or **breastfeeding**
- have a **weakened immune system** or take immune suppressing medication
- have had **COVID-19**
- have received another **COVID-19 jab** (which brand?)
- have received **any other jabs** in the last 14 days.

The jab goes into your upper arm muscle so wear a comfortable shirt where you can roll your sleeves up.

After the jab, you need to stay in the clinic for observation for at least 15 minutes.

## More information

You can read more about the COVID-19 vaccination at [www.health.gov.au](http://www.health.gov.au) or [www.health.qld.gov.au](http://www.health.qld.gov.au), or call 13HEALTH (13 43 25 84) to talk to an Aboriginal or Torres Strait Islander health worker.

If you're ready to get your jab, have a yarn with your local health service or to find your nearest clinic, visit [www.makethechoice.com.au](http://www.makethechoice.com.au)



**MAKE  
the  
CHOICE**

Q0326

# BEFORE YOUR VAX

## Booked a COVID-19 jab?

There are some  
things you can do now  
to get ready!

**MAKE  
the  
CHOICE**

## Pre-appointment

**Make sure your details are right**

**Make sure your details are up to date with Medicare (you can still get the COVID-19 jab if you are not eligible for Medicare).**

You can do this via:

- Medicare online account via myGov
- the Express Plus Medicare app
- calling Medicare on 132 011.

If you don't have an account, no worries, you can:

- enrol in Medicare (if you're not already enrolled)
- create a Medicare online account
- get an Individual Health Identifier (IHI) if you're not eligible for Medicare.

### Plan ahead

It is important that you get both doses of the COVID-19 jab. Depending on which jab you're given, you may need to wait from three to 12 weeks between each jab. Your immunisation provider will let you know.

**Have a yarn with them and book your second jab appointment.**

## Appointment day

**On the day**

**Don't forget to eat some food and drink plenty of water prior to your appointment.**

**Don't go to your appointment if you:**

- are unwell with a fever, cough, runny nose, or other symptoms that could be from COVID-19
- are awaiting COVID-19 test results
- have tested positive with COVID-19 and you are in isolation
- are in quarantine or
- are a close contact of someone with COVID-19.

**Call your immunisation provider if you need to reschedule.**

**Note:**

- *If you've had another jab in the 14 days before your COVID-19 jab appointment, tell your immunisation provider.*
- *You are not required to be tested for COVID-19 before the jab if you do not have any symptoms.*



## At your appointment

### Checklist

Bring the following with you:

- **photo ID**, if you have one
- **Medicare card**, if you have one
- **employee ID**, if you are getting a COVID-19 jab because of your occupation.
- information about any of your medical conditions or medications
- information about any previous COVID-19 jab received
- information about any reactions you have had to any jabs in the past
- the name of your current GP/s and any specialist doctors you see
- a face mask (if required by your state/territory).