

English



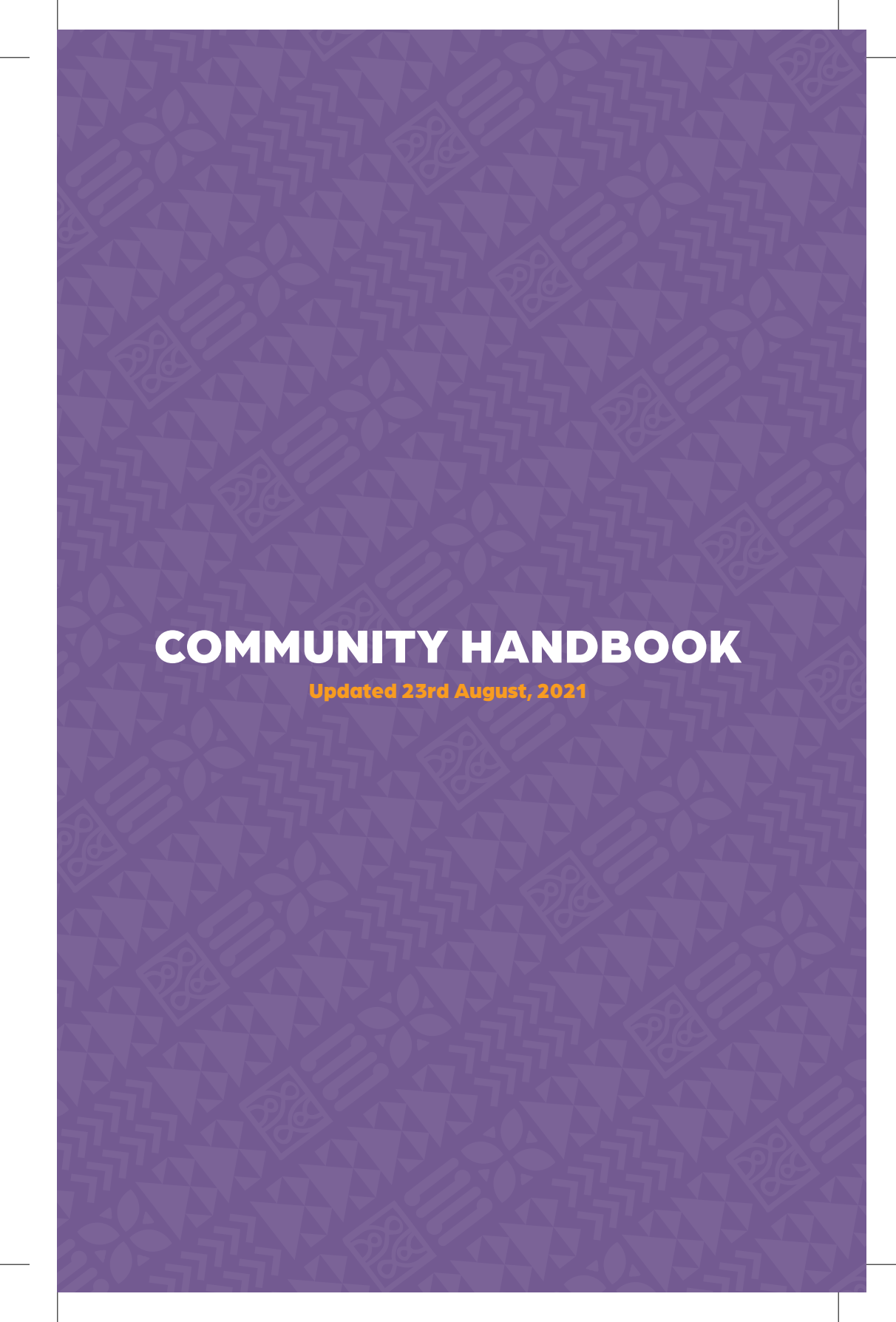
PREPARE
PACIFIC



COVID-19
VACCINATION
ROLL OUT FOR
PACIFIC COMMUNITIES

COMMUNITY HANDBOOK

Updated 23rd August, 2021



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COVID-19 VACCINATION ROLL OUT FOR **PACIFIC COMMUNITIES**

We understand that you might feel a bit worried about receiving the vaccine. We want to provide you with information to help you and your family to prepare for when it's your turn to be vaccinated.



Who can be vaccinated

The New Zealand Government is making sure the groups who are most at risk of COVID-19 will receive the vaccine first.

You can get vaccinated now if you live in Auckland and you are:

- A Pacific person who is 12 years or older
- A frontline health worker, a managed isolation or border worker
- Living or working in residential care
- Or at risk of getting seriously ill from Covid-19

You can also get vaccinated if you live in South Auckland and:

- Have a serious health condition (for example: heart conditions, diabetes, asthma, cancer, lung, kidney or liver disease)
- Have a disability
- Are pregnant

People who fall into these categories will receive an email or text message invite to make a booking online or through the Vaccination Helpline. If you or your family member haven't received a message you can call the Pacific Covid Vaccination Healthline on:

0800 21 12 21

It's simple and free, call this number to talk to a Pacific member of the Covid vaccination team to make a booking. Protect you and your loved ones!

Household bubbles and caregivers of eligible people can also be vaccinated now

If you live in the same household bubble or you are a caregiver for an eligible person, you can also get vaccinated at the same time.

Why vaccination started in South Auckland

COVID-19 in New Zealand enters through the borders which puts those who are working at the borders at greater risk of catching the virus. Many of our Pacific people are working at the borders, on the frontline or in essential services. Because the international airport is in South Auckland this makes our community more at risk of COVID-19. Most of the COVID-19 outbreaks we have seen in New Zealand have had an impact on the South Auckland community.

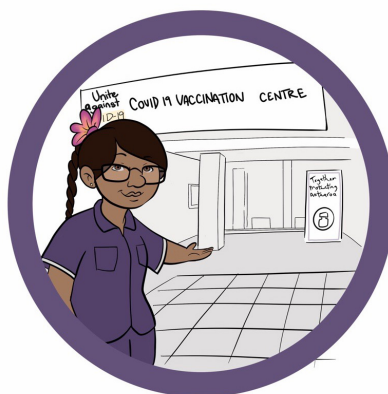


Everyone on New Zealand soil who is aged 12 years and over, even non-residents will be eligible for the vaccine

The Government has said that anyone who is on New Zealand soil can be vaccinated regardless of immigration status.

Some personal information is collected to help identify who in New Zealand has had the vaccine. This information is confidentially held in the national COVID-19 immunisation register and will not be passed onto any other government agency.

You must be **12 years** or over to receive the vaccine. The vaccine is **free**.



What is in the vaccine

The vaccine you will receive is called the Pfizer vaccine. It is not a live vaccine which means the virus will not be injected into your body. You cannot get COVID-19 from the vaccine. What is being injected into your body is something called Messenger RNA. Messenger RNA is not new and has been studied for many years for other infectious diseases like the common flu.



Our elders are at risk

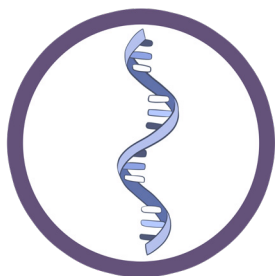
What the vaccine does

Messenger RNA teaches the cells in our body to make a piece of protein to trigger your body's immune system to create antibodies. These antibodies help to protect your body against the virus if you come into contact with COVID-19.

The vaccine does not stay in your body for long – only a few days. Once it has sent a message to the body to make an immune system response our bodies break down the messenger RNA naturally.

The vaccine does not affect your DNA in any way

The Messenger RNA does not enter the nucleus of the cell which is where our DNA (genetic material) is kept so it cannot affect our DNA.



RNA



DNA

You will need two doses of the vaccine

- You will need to have two doses of the vaccine at least 6 weeks apart.
- After the first injection you will have some immunity to COVID-19.
- The second injection you receive increases your protection against the virus.
- Once you have had your vaccination your body's immune system will take a few weeks to fully respond to the vaccine.



**First injection you
will have some
immunity**



**Second injection you
receive increases your
protection**



The vaccine is safe

We know the Pfizer vaccine is safe because it has gone through months of clinical testing with more than 40,000 people. Since then, millions of people around the world of all different ages, gender and ethnicities have already received the vaccine with great success.

From these studies we know that the vaccine has a good safety record and that a severe allergic reaction is very rare.

We have extra safety measures in place

The chance of you having a severe allergic reaction is very unlikely, but if you do all vaccinators have been trained to respond immediately and know exactly what to do.

You will also have to wait 15 minutes after you have been given the vaccine to be observed by a medical professional as an extra safety precaution. This is what we have done in the past with other vaccines, including the flu vaccine.

The vaccine is safe for older people and people with a serious health condition

It is very important that older people and those with a serious health condition get vaccinated because they are more at risk of the harmful effects of COVID-19 than other groups.

There is a very small group of people who cannot be vaccinated but you will be asked about your underlying health conditions and medications you are on before you receive your vaccine.

The vaccine is safe for Pregnant women

If you are pregnant and you choose to be vaccinated, you can get early access. It is important to discuss your individual situation with your midwife or doctor especially if you have other health concerns.

The vaccine is safe for women who are breastfeeding

There have been no safety concerns identified for women who are breastfeeding.



The side-effects you might experience are similar to other vaccines

The vaccine is injected into your arm. People who have received this vaccine most commonly report having a sore arm and feeling tired.

Other reactions people report are muscle aches, a fever or chills and feeling unwell.

Most side effects people experience don't last very long.



WHAT YOU MAY FEEL	WHAT CAN HELP	WHEN THIS COULD START
Pain at the injection site, headache and fatigue are the most commonly reported reactions.	Place a cold, wet cloth or ice pack where the injection was given. Leave it on for a short time. Do not rub or massage the injection site.	Within 6–24 hours
Muscle aches, feeling generally unwell, chills, fever, joint pain and nausea may also occur (although this is mostly after the second dose).*	Rest and drink plenty of fluids. Paracetamol or ibuprofen can be taken, follow the manufacturer's instructions. Seek advice from your health professional if your symptoms worsen.	Within 6–48 hours

* These symptoms may not be related to the vaccine and could be signs of an unrelated illness. Seek medical advice if you are concerned.

If you are unsure about your symptoms or they get worse, talk to your GP or call **Healthline on 0800 358 5453**.

The vaccine is effective against the current COVID-19 strains

The evidence to date suggests that this vaccine is effective against the Alpha variant (formerly known as the UK strain), the Beta variant (formerly the South African strain) and the Delta variant (formerly the Indian strain). If there is a new variant found, this type of vaccine can be changed quickly to match a new variant strain.

The vaccine is effective against COVID-19

Studies show that the Pfizer vaccine is 90 to 95 percent effective in those who receive it.

We still don't know how long you will be protected against COVID-19 but we expect it to be at least eight months.

It is possible for some people to get COVID-19 even when they have been vaccinated. But people who have been vaccinated experience much milder symptoms and are unlikely to need hospital care. This is why it is important our older people and those with a serious health condition are vaccinated.

Being vaccinated reduces the risk of passing the virus onto your loved ones.



Some people will receive an email from their family doctor (GP) to book a vaccination. If you are not registered with a family doctor now is a good time to get enrolled.

NEW PACIFIC COVID VACCINATION HEALTHLINE



0800 21 12 21

Pacific peoples living in Auckland aged 12 and over are now eligible along with their household bubble to get their free COVID-19 vaccination.

To make it easier, we've set up a new number for Pacific peoples to get help with your booking.

It's simple and free, just call **0800 21 12 21**,
8am – 8pm, 7 days a week, to talk to a Pacific member of the Covid Vaccination Team to make a booking.

Help protect you and your loved ones!

FOR MORE INFORMATION CONTACT
Your family doctor or
Healthline on **0800 358 5453**

Prepare Pacific website **www.preparepacific.nz**

COVID 19 vaccines website:
**[www.covid19.govt.nz/health-and-wellbeing
/covid-19-vaccines](http://www.covid19.govt.nz/health-and-wellbeing/covid-19-vaccines)**

**This Resource was developed based on
the latest information available:
Updated 23rd August, 2021**

Notes

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