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COVID-19 VACCINATION ROLL OUT FOR PACIFIC COMMUNITIES

WHAT IS COVID-19

Updated 25th June, 2021



WHAT IS COVID-19

Updated 25th June, 2021

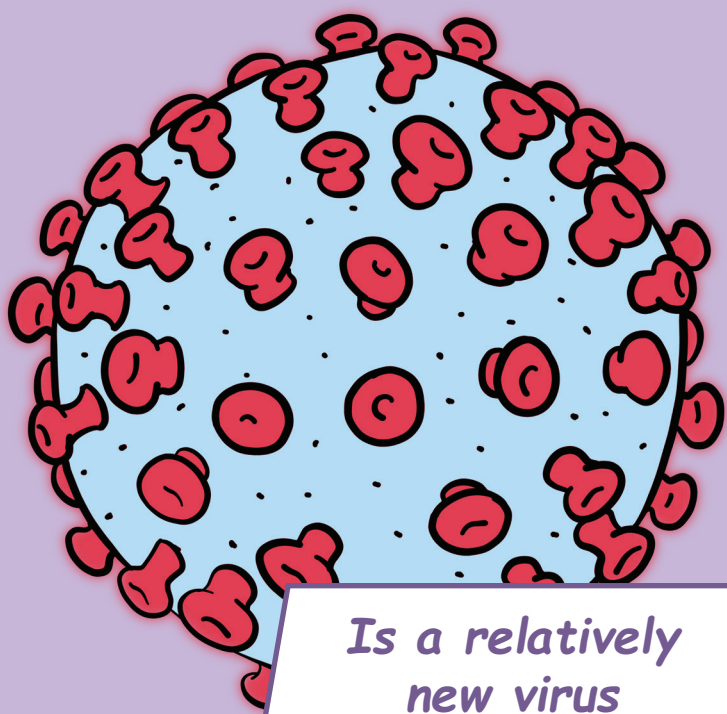
- **COVID-19 is a relatively new virus which can make people very sick.**
- **It is part of a large family of viruses (coronaviruses) which cause illnesses such as the common cold and the flu.**
- **We don't know for sure where the virus came from but we do know that the first case was reported in December 2019 in Wuhan China.**
- **COVID-19 is short for coronavirus disease 2019.**

Last updated: 25th June, 2021

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HEALTHLINE 0800 358 5453
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WHAT IS COVID-19?



*Is a relatively
new virus*



*Can cause
severe illness*

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- **Because the virus is new, we are still learning about it.**
- **But from over 176 million cases that have been reported worldwide we have learnt that the virus is very serious because:**
 - **It has caused more than 3 million deaths worldwide.**
 - **It can be especially harmful to people who have an underlying health condition like: diabetes, heart conditions, asthma, cancer, lung, kidney or liver disease.**
 - **Our older people are at greater risk from serious illness from COVID-19.**

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WHY COVID-19 IS SERIOUS

Over 176 million
cases that have been
reported worldwide

COVID-19
DEATH

3 million+ deaths
worldwide

Older people are
at greater risk



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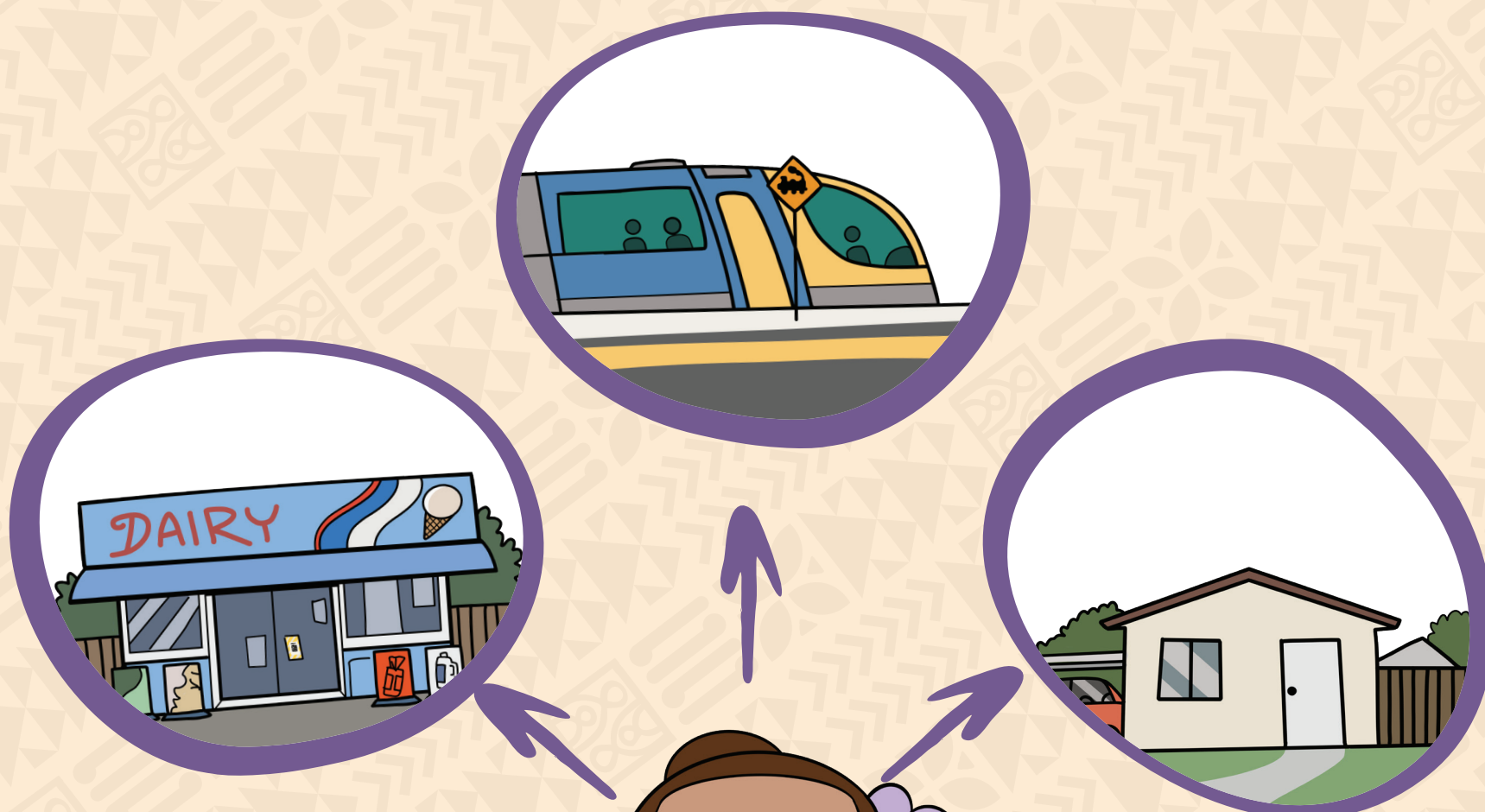
- **Another reason why COVID-19 is so serious is because we can spread it to other people without knowing that we have it.**
- **Once COVID-19 is in the community it is hard to control because it is contagious.**
- **You can be infectious and not show any symptoms. We consider people infectious for up to 48 hours before their symptoms start. Some people may get COVID-19 and not show any symptoms (this is called asymptomatic), but they can still spread the virus.**
- **By the time you know you have the virus, you may have already exposed the people you work with, go to church with, play sports with, and especially your loved ones at home.**
- **Even the people who go to the same coffee shop as you, were on the same bus or even at the supermarket at the same time as you can catch it.**

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WHY COVID-19 IS SERIOUS



*Once COVID-19 is in
the community it is
hard to control because
it is contagious.*

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- **Anyone can catch the virus – any age, gender or ethnic group.**
- **In NZ COVID-19 enters through the borders which puts those who are working at the border at greater risk of catching the virus.**
- **Many of our Pacific peoples are working at the borders, on the frontline or in an essential service which can make our Pacific families more at risk of getting COVID-19.**
- **It's very important we encourage our Pacific communities to learn about the vaccine and to be vaccinated because of this greater risk.**

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PACIFIC PEOPLES AT RISK



Together
protecting
Aotearoa



*Encourage our Pacific
communities to learn
about the vaccine and
to be vaccinated*



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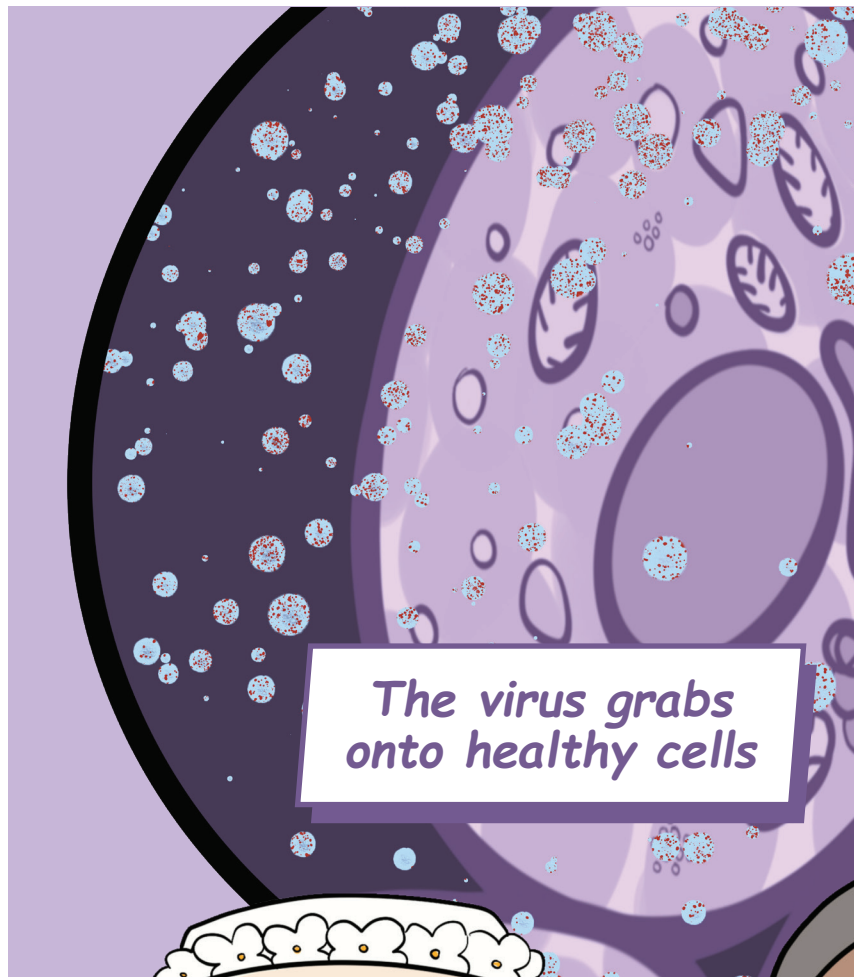
- **Our bodies are made up of healthy cells.**
- **When the virus gets into your body it enters your cells and makes copies of itself and multiplies throughout your body.**
- **It grabs onto your healthy cells, especially those in your lungs, which can make it hard to breathe.**
- **That's why the virus can be especially dangerous for people who have underlying health conditions like asthma, diabetes, heart conditions, or a lung or kidney disease.**

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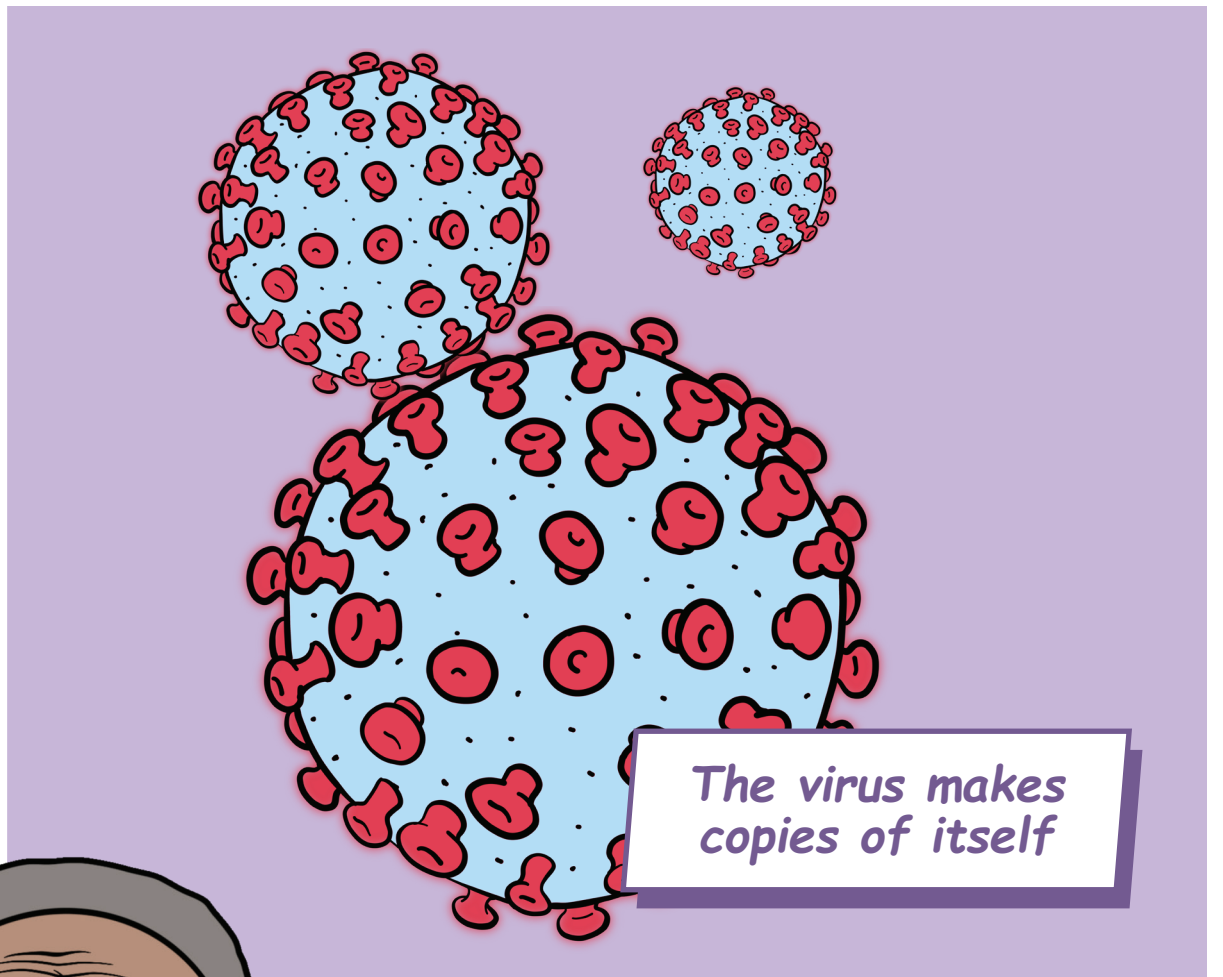
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WHAT COVID-19 DOES TO THE BODY



*The virus grabs
onto healthy cells*



*The virus makes
copies of itself*



*The virus can be more
dangerous for people
who have an underlying
health condition*

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- **COVID-19 usually spreads when an infected person coughs, breathes or sneezes around you through invisible droplets in the air.**
- **Or you can catch it from touching the same surface as an infected person and then touching your eyes, nose, or mouth.**

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HOW COVID-19 SPREADS



*COVID-19 usually
spreads when an
infected person
coughs, breathes or
sneezes*



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- **There are many symptoms to look out for:**
 - **Fever**
 - **A cough**
 - **Hard to breathe**
 - **Feeling tired**
 - **Chills, sometimes with shaking**
 - **Body aches**
 - **Headache**
 - **A sore throat**
 - **Blocked or runny nose**
 - **Loss of taste**
 - **Loss of smell**
 - **Vomiting**
 - **Diarrhoea**
- **Anyone can get COVID-19, but people with existing health conditions and older people are most at risk.**

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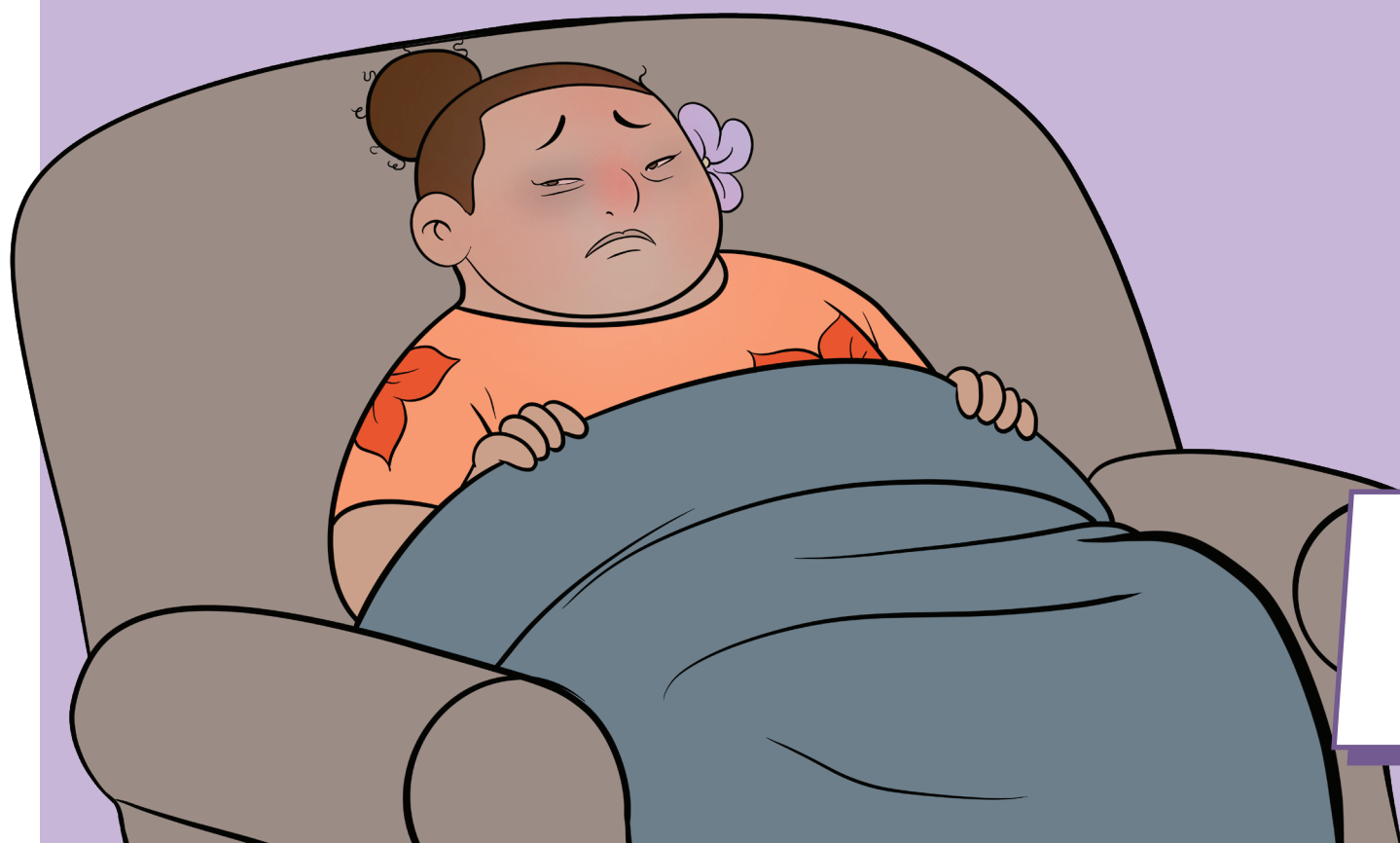


THE SYMPTOMS

*Older people are
most at risk*



Coughing



*Chills, sometimes with
shaking, body aches,
headaches*

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- **Because the symptoms are sometimes similar to the common cold or flu, the only way to tell if you have COVID-19 is by having a test.**
- **If you have symptoms or are sick, please call your Doctor or the free Healthline for advice on what you should do, on 0800 358 54 53**
- **Call your family doctor (GP) to get a COVID-19 test. It is completely FREE if you say you're just needing a test. If your family doctor is busy, they will recommend another testing facility that you can go to.**
- **There are also COVID-19 testing centres that you can visit. Community Testing Centres:
<https://covid19.govt.nz/health-and-wellbeing/covid-19/covid-19-testing/community-testing-centres/>**

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GETTING TESTED



*There are COVID-19
testing centres that
you can drive through*



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- **Remember you should stay at home if you are sick.**
- **You must stay at home until you receive a negative test result.**
- **If your result is positive you will be contacted by the public health service and told what to do.**

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STAY AT HOME



*Remember you should
stay at home if you
are sick*

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- **Employers must not allow employees who are sick with Covid-19, or who have been advised to self-isolate, to go to work.**
- **If a health authority requires you to self-isolate while you await a negative Covid-19 test result, your employer should consider whether it is possible for you to work from home (and if so, pay you as normal).**
- **If you cannot work from home while awaiting your Covid-19 test result, your employer may be able to apply for a Short-Term Absence Payment (STAP) or the COVID-19 Leave Support Scheme. This is for employers to pay employees who must self-isolate for Covid-19 related reasons.**

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SICK LEAVE



*See if it is possible for
you to work from home,
if you are required to
self-isolate*



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- **Because the virus is invisible, one person could easily spread it to other people without knowing.**
- **Because symptoms do not show immediately, it's important to keep a record of where you've been and who you've seen.**
- **You can download the COVID Tracer App through Apple or Google App stores.**
- **Every business and organisation in New Zealand is required to have a code that you can scan when you go there.**
- **It's important to scan everywhere you go e.g. school, shop or the supermarket.**

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CONTACT TRACING

Keep a record of
where you've been



You can download the
COVID Tracer APP



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- **If you don't have a smart phone to download the tracer app, it's ok to use pen and paper to keep a record of where you've been and who you've seen.**
- **Remember to record: date, time, venue and (if possible) who you were with.**

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CONTACT TRACING



It's OK to use pen and paper to keep a record of where you've been and who you've seen



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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 25th June, 2021**



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