



PREPARE
PACIFIC

Cook Islands



PATIA'ANGA PARURU
MEI TE MAKI
COVID-19 NO TE ITI
TANGATA COOK ISLANDS

TE VAIRĀKAU
Updated 25th June, 2021



TE VAIRĀKAU

Updated 25th June, 2021

- **Ko te Pfizer BioNTech (Pfizer) te ingoa o te vairākau patia paruru..**
- **Manuia tatou i Aotearoa nei, e rava te vairākau no te au tangata katoatoa ka inangaro kia patia ia ratou. E 10 mirioni vairākau patia paruru.**
- **E rua pātia ka anoanoia koe kia patia atu mei te 3 epetoma te va i rotopū i teia ngā patia.**
- **Kua ripōti ia mai te tūranga meitaki o teia vairākau patia paruru mei te maki COVID-19.**
- **Kare teia vairākau patia paruru e tūtaki.**

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HEALTHLINE 0800 358 5453
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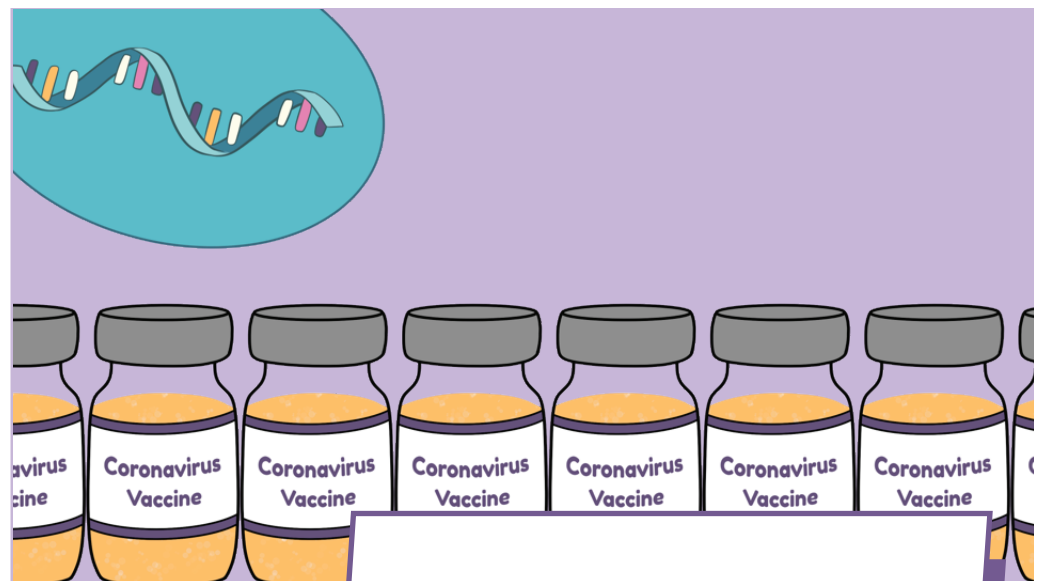
TE VAIRĀKAU PFIZER



Pfizer BioNTech



Mei te 3 epetoma, mei te pātiaanga mua, kī tē rua



Kare e tūtaki i te vairākau patia paruru

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- Ko te vairākau patia paruru, kua maani ia ki tētai au mero tukeke, kia rauka i te rave meitaki i tana angaanga i roto i te kōpapa. Ko teia tētai au mero, ko te matū, te mero kava miti e te mero vene.
- Ko te apinga puapinga i roto i teia vairākau patia paruru, koia oki ko te kura kī tē au mero kōpapa, 'Messenger RNA' (messenger ribonucleic acid).
- Ka tuku te au mero kōpapa i te kura na roto i te kōpapa kia pāruru i te manumanu COVID-19 me tūia koe e teia maki kino.
- Kare te Messenger RNA i te vairākau ōu. Kua akarakaraia teia e tētai au tangata kite pakari, i te au mataiti e mānganui, e kua pātia pāruru takere iātu te tangata no te maki tāpiri, mei te 'common flu.

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EAA TO ROTO I TE VAIRĀKAU PĀTIA PARURU?

*Ka tuku te au mero kōpapa
i te kura na roto i te
kōpapa kia pāruru i te
manumanu COVID-19*

*Kua akarakaraia teia e
tētahi au tangata kite
pakari, i te au mataiti e
mānganui*



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- Ka paruru te vairākau patia i toou oraanga e ka paruru katoa atu i te au maki.
- Ka angaanga kapiti te vairākau patia paruru ki te tūranga paruru natura o toou kōpapa. Ko te 'immune system' te ingoa. Na teia e akateateamamao i toou kōpapa i te tamaki i te manumanu kino.

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EAA TE ANGAANGA A TE VAIRĀKAU PĀTIA?



*Ka angaanga kapiti te
vairākau patia paruru
ki te tūranga paruru
natura o toou kōpapa*

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- Ko te Messenger RNA, tei roto i te vairākau patia paruru. Na te Messenger RNA e apii i te tango o te kōpapa kia anga i tētahi 'protein' kia aka ara i te manumanu paruru kia paruru atu i te kōpapa.
- Na teia manumanu paruru e paruru atu i toou kōpapa me tūia koe e te COVID-19.
- Me oti te kura i te kave ki te au mero kopapa kia akamatūtū i te turanga paruru o te kopapa, ka akata'e te kopapa i teia vairakau, i mua ake ka aru mai ei i te repo kopapa ki vao.
- Kare te vairākau e roa i te noo anga ki roto i te kōpapa, ngā mea rā ua.

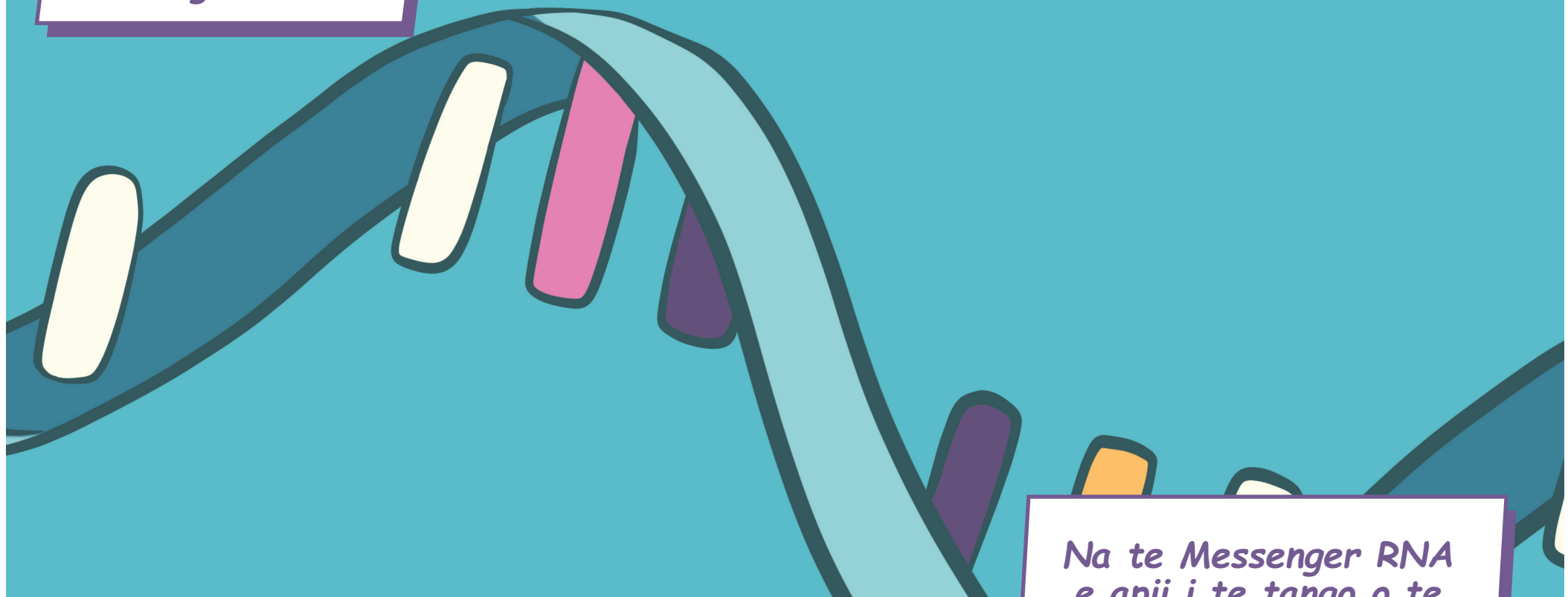
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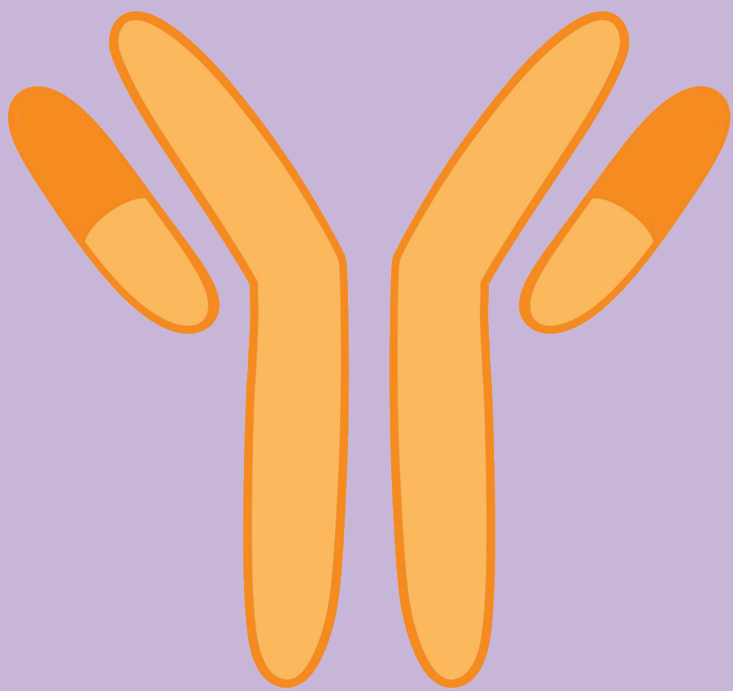


EAA TE ANGAANGA A TE VAIRĀKAU PĀTIA?

Messenger RNA



Na te Messenger RNA
e apii i te tango o te
kōpapa kia anga i tētahi
'protein'



Paruru



Protein



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- **Kāre e manumanu ora i roto i tēia vairākau pāruru. Ko te aiteanga, kāre te manumanu korōna e pātia iātu ki roto i tōou kōpapa.**
- **Kare e mero tangata, me kare e mero manu i roto ui teia vairakau.**
- **Kare koe e tū ia e te maki COVID-19 me pātia iātu koe ki tēia vairākau pāruru.**

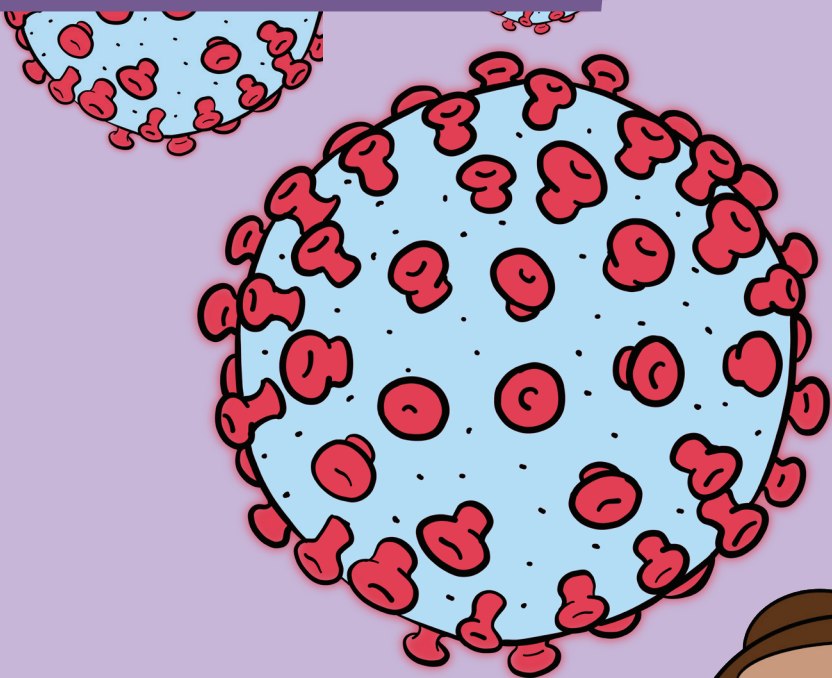
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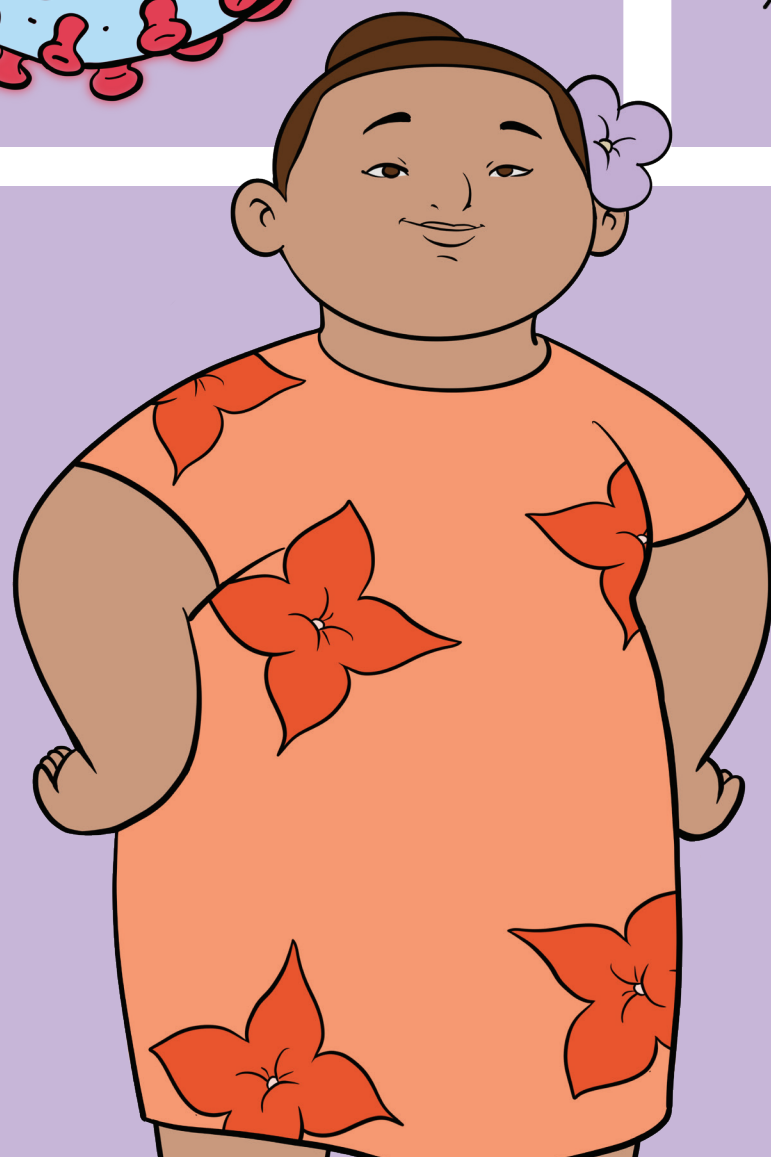


KARE KOE E TŪ IA E TE MAKI COVID-19 ME PĀTIA IĀTU KOE KI TĒIA VAIRĀKAU PĀRURU

Kāre e manumanu ora
i roto i tēia vairākau
pāruru. Ko te aiteanga



Kare koe e tū ia e te
maki COVID-19 me
pātia iātu koe ki tēia
vairākau pāruru



Kare mero tangata me
kāre, e mero manu i
roto i teia vairākau

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- Kare te vairākau pātia pāruru e tamanamanatā i te 'DNA'.
- Kare te Messenger RNA e tomo ki roto i te mata o te tango kōpapa – te ngāi i o te 'DNA' (genetic material). Kare te 'DNA' e tamanamanatāia.

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KARE TE VAIRĀKAU PĀTIA PĀRURU E TAMANAMANATĀ I TE 'DNA'

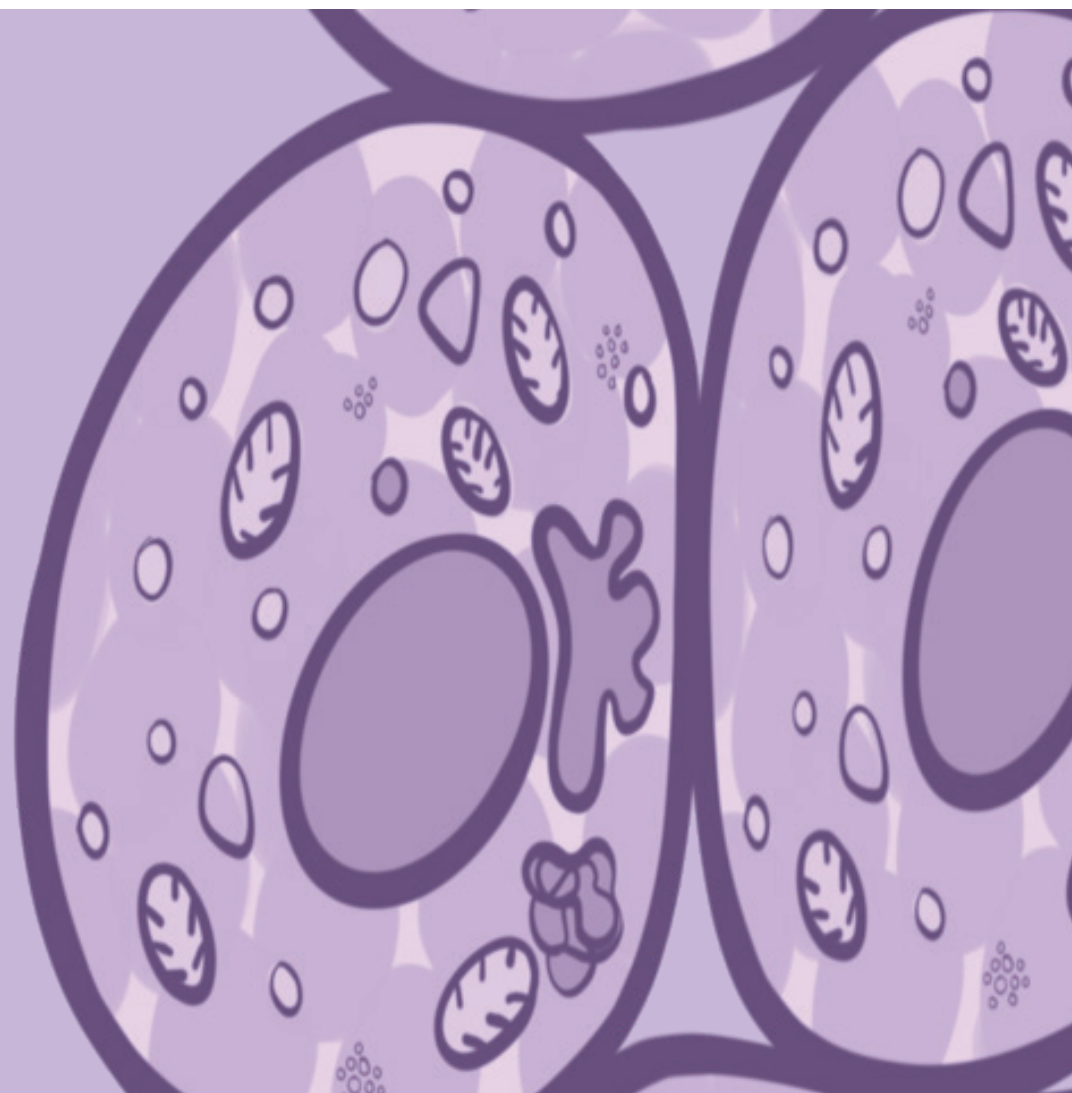


Kare te vairākau pātia pāruru e tamanamanatā i te 'DNA'

Messenger RNA



Kare te Messenger RNA e tomo ki roto i te mata o te tango kōpapa



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- E rua pātia vairākau pāruru ka anoanoia koe kia patia ia, mei te 3 epetoma, mei te pātiaanga mua, kī tē rua.
- Me oti toou pātia mua, ka akamata tōou kōpapa i te pāruru iakoe mei te maki COVID-19.
- Me oti te rua o toou patia kua papu i reira ia koe mei tetai 90–95 patene e, ka paruru'ia koe mei teia maki COVID-19.

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E 2 PATIA NO TEIA VAIRĀKAU PARURU

Mei te 3 epetoma, mei
te pātiaanga mua, kī
tē rua



Me oti toou pātia mua,
ka akamata tōou kōpapa
i te pāruru iakoe



Me oti te rua o tōou
pātia, kua maata i rēira
te tango pāruru a tōou
kōpapa i amani, ei pāruru
atu i toou kōpapa, mei
teia manumanu kino



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ME KITE KOE I TE AU AKAIRO O TEIA MAKI I RUNGA IAKOE,
e pera, me kua maki koe, e rīngi atu i toou taote. Me kāre, e rīngi
atu i te nūmero tutakikore o te tua kimi ora **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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