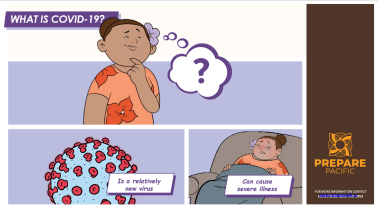
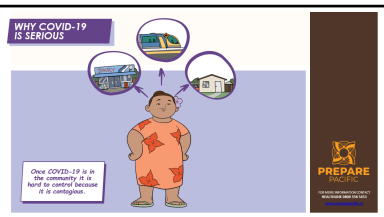
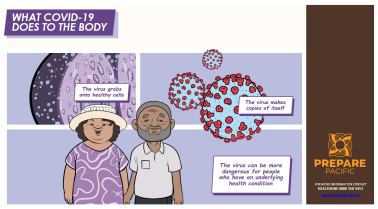
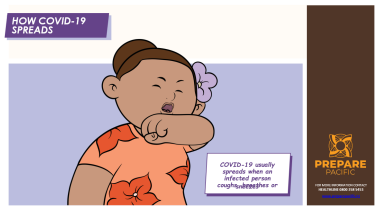
Prepare Pacific - Vaccination Program Slideshow Speaker Notes

Topic: **What Is COVID 19**

Slide image	Slide heading	Speaker notes
	**What is COVID-19**	• 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. • 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.
	Why COVID-19 is serious	• Because the virus is new, we are still learning about it. • But from the 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.
	**Why COVID-19 is serious**	• 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.
	Pacific peoples at risk	● 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.
	**What COVID-19 does to the body**	● 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, diabetes, heart conditions, asthma, cancer, lung, kidney or liver disease.
	**How COVID19 spreads**	● 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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<td>The Symptoms</td>
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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 of getting sicker if they get Covid-19.
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<td>Getting tested</td>
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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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<td>Stay at home</td>
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- Remember you should stay at home if you are sick.
- You must stay at home and where possible self-isolate 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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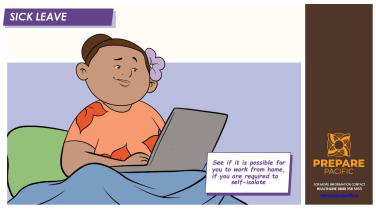	**Sick leave**	• Employers must not allow employees who are sick with symptoms that could be Covid-19, or who have been advised to self-isolate, to go to work. • If a health authority requires you to self-isolate while you await a negative Covid-19 test result, your employer should consider whether it 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 stay at home or self-isolate for Covid-19 related reasons.
	Contact tracing	• Because the virus is contagious , a 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.
	Contact tracing	• 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.