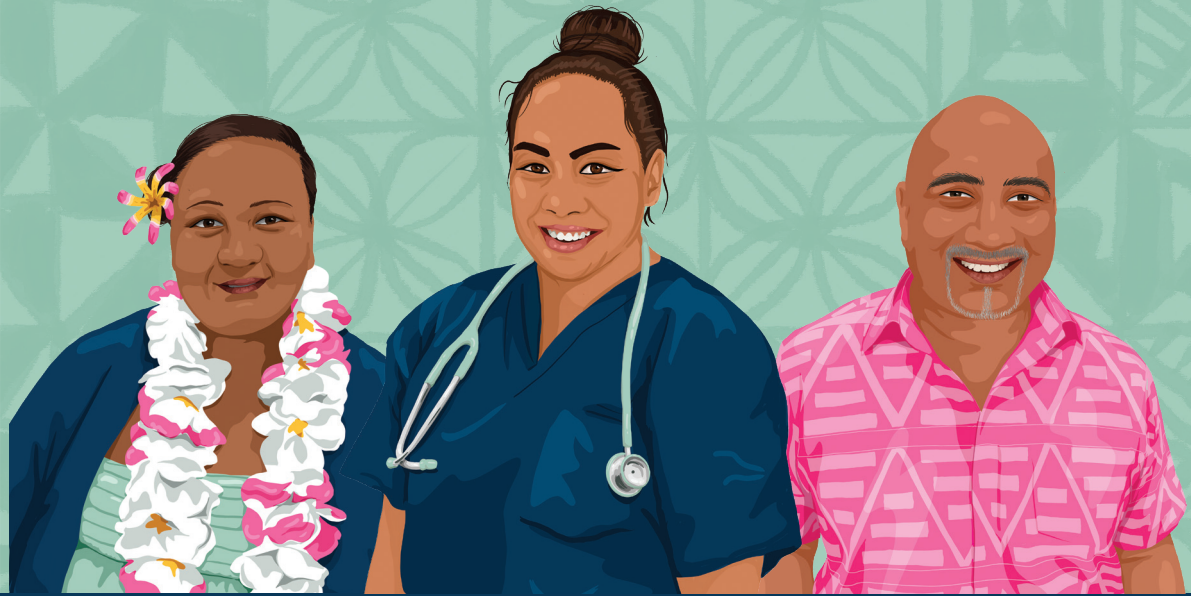


COVID-19 Vaccination Rollout

Important information for Pacific communities in Canterbury



Canterbury
District Health Board
Te Poari Hauora o Waitaha

TAT
TANGATA ATUMOTU TRUST

Pegasus
Partners in Health
Ea whānau ki te tangata

Etu
PASIFIKA
SERVICES FOR PACIFIC FAMILIES

WAITAHA
PRIMARY HEALTH

christchurchpho
Coordinates the delivery of primary care services

**Unite
against
COVID-19**

Kia orana, Noa'ia, Talofa lava,
Mauri, Mālō e lelei, Tālofa, Ni
Sa Bula Vinaka, Fakaalofa lahi
atu, Mālō ni and warm Pacific
greetings.



The COVID-19 vaccine is
here and it's free.

We want you to have easy
to understand information
to help you and your family
to prepare for when it's your
turn to be vaccinated.

**"Getting vaccinated helps
us serve our community."**

- Ramona Alatumu

How can I make an appointment?

Call **0800 388 434** to book with Etu Pasifika

0800 727 434 to book with Tangata Atumotu Trust

For all other clinics call **0800 28 29 26** or book online at book.vaccine.covid19.health.nz



- When you get vaccinated, you're not just protecting yourself but also your family, friends, church and communities.
- The vaccine is free.
- The vaccine is available to everyone aged 16 and over.
- You need two doses of the vaccine, at least three weeks apart, to have the best protection against COVID-19.

Vaccinate now

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

The programme to vaccinate everyone else started in late July 2021. There is enough vaccine for everyone in New Zealand.

What is in the vaccine?

The vaccine you will receive is called the Pfizer vaccine. It is not a live vaccine which means it doesn't contain any COVID-19 virus. You cannot get COVID-19 from the vaccine.

How does the vaccine work?

COVID-19 can cause serious illness or death in some people.

The vaccine works by teaching your immune system to recognise and fight off the virus. It doesn't have the virus in it, or anything that can affect your DNA. The vaccine can't give you the disease.



Vaccine safety

New Zealand's medicines safety authority Medsafe assesses applications for all new medicines. This includes vaccines.

For Medsafe to approve a vaccine for use in New Zealand, it must be confident that it:

- meets all safety checks we have in New Zealand,
- complies with international standards for safety, effectiveness and quality.

Hundreds of millions of people around the world of all different ages, genders and ethnicities have received the Pfizer vaccine with great success.



We have extra safety measures in place

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

You will need to wait 20 minutes after you have been given the vaccine to be observed by a medical professional as a safety precaution. This is what happens with other vaccines, including the flu vaccine.

What are the side effects?

The side-effects you might experience are like other vaccines. The vaccine is injected into your arm. People most commonly report having a sore arm and feeling tired. Other less likely reactions people report are muscle aches, a fever or chills and feeling unwell. Most side effects don't last very long.



Is the vaccine safe
for pregnant and
breastfeeding women?

If you are pregnant and you choose to be vaccinated, you can get early access.

We encourage anyone who is pregnant to get a COVID-19 vaccine at any stage of their pregnancy. This is because people can become very sick if they get COVID-19 during pregnancy.

Getting vaccinated during pregnancy may also help protect the baby. This updated advice follows data collected from the large number of pregnant people already vaccinated globally that shows that there are no additional safety concerns with giving COVID-19 vaccines at any stage of pregnancy.

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

Is the vaccine safe for older people and people with serious health conditions?

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

The only people who shouldn't get vaccinated are those who've had a severe allergic reaction to the first dose of the Pfizer vaccine.

Support and further information

Everyone in New Zealand aged 16 years and over, even non-residents can get the vaccine. The Government has said that anyone in New Zealand 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 held confidentially in the national COVID-19 immunisation register and will not be passed on to any other government agency.

For more information:

- www.mpp.govt.nz/covid-19/covid-19-resources
- www.preparepacific.nz/resources/covid-19-vaccines
- www.VaccinateCanterburyWestCoast.nz
for up-to date, local information



For support on your vaccination journey talk to your Pacific health providers

Tangata Atumotu

0800 PASIFIKA for help with bookings and appointments.

Etu Pasifika

0800 388 434 for help with bookings and appointments. The Etu Pasifika Vaccination Centre is located at 173 Montreal Street, Christchurch.

Vaka Tautua Services

Call Kaiongo Tupou on *021 0329 240* for disability and access support.

Waitaha PHO

Call Malu Tulia on *027 468 8573* for help with bookings and appointments in rural Canterbury.

Pegasus Practice PCW (Partnership Community Worker)

For local support with navigation, advocacy, bookings and transport.

- **Toe Smith** at ACTIS (Eastern Christchurch) on *021 617 161*.
- **Val Tito** at Tangata Atumotu (North and West Christchurch and Pasifika Churches) on *021 225 9913*.
- **Christine Leleifenika** at Christchurch City Mission (South Christchurch) on *021 906 926*.
- **General PCW Service** enquiries on *022 010 3296* or PCWService@pegasus.org.nz.

