



Your COVID-19 vaccination in Tairāwhiti

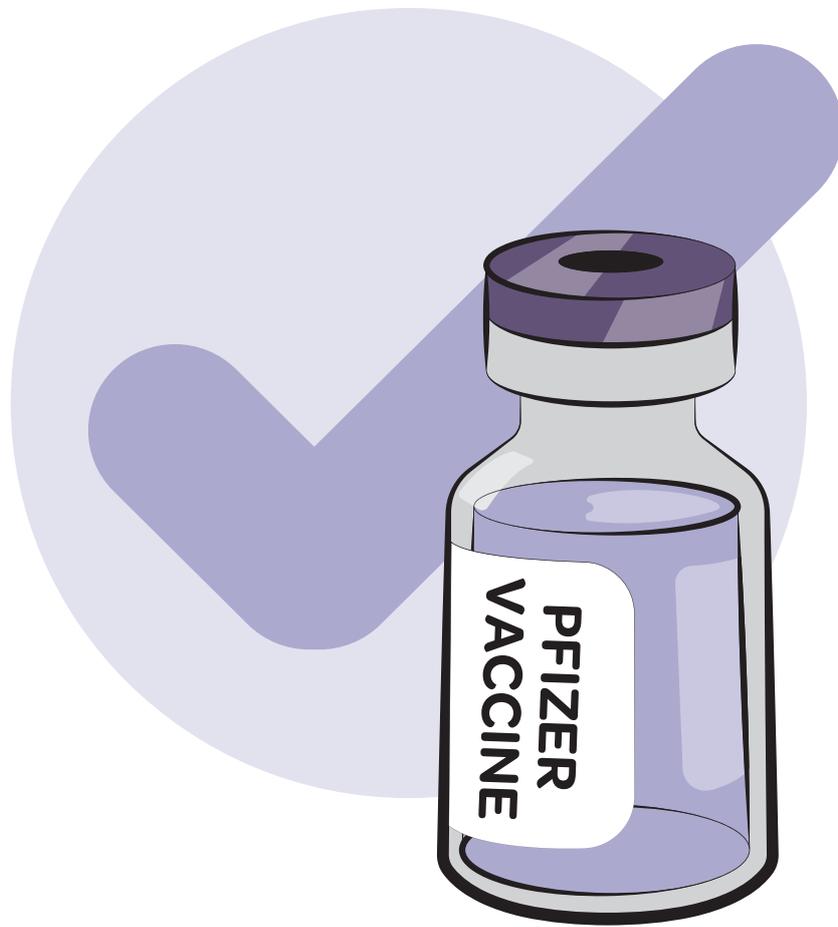
A quick guide.



Unite
against
COVID-19

*Tēnā koutou ngā Iwi o Te Tairāwhiti.
Tēnā koutou i roto i ngā piki me ngā heke o te wā.
Tēnā hoki tātou i roto i ngā whakatūpatohanga
ā te mate urutā i waenganui i ā tātou.
Ka tuku mihi atu ā Te Hauora Tairāwhiti ki ā koutou
mo to koutou kaha ki te kaupare atu terā
mate kia kore ai e kaha te ūru mai ki roto ki ā tātou.
Ngā mihi tino nui ki ā koutou.
Mauri Orā.*

*To the people of Tairāwhiti, Hauora Tairāwhiti
thanks you for your support and your efforts
to keep us safe and COVID free.
We know it has been a difficult and uncertain time.
A huge thanks again for maintaining
your vigilance regarding COVID -19.*



This booklet will provide you with key information regarding your COVID-19 Pfizer vaccination.

“The Pfizer-BioNTech vaccine has already been given to millions and millions of people around the world with great results.”

*– Dr Nikki Turner
Director, Immunisation Advisory Centre*

Getting your vaccination



We will check that you are well and can have the vaccine.



You will be asked to sign the consent form to be vaccinated. *This is the time you can ask any questions.*



The vaccinator will inject the upper muscle in your left or right arm.



You will then be monitored for 20 minutes in case you have any immediate side effects.

After receiving your vaccination



You will be booked to receive your second dose of the vaccine at least 21 days after receiving the first dose. This will be at an available time that suits you.



For the vaccine to be effective you must receive the second dose.



Protection against COVID-19 will occur approximately 7 days after your second vaccine dose.



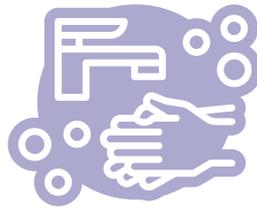
If you develop any unexpected symptoms, or have a severe reaction, please contact your family doctor or call **Healthline 0800 358 5453**.

COVID-19 health reminders

Being vaccinated does not mean you stop practicing COVID-19 health measures.



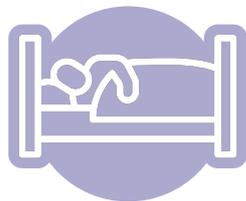
Wear a mask on
all public transport



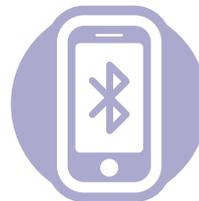
Wash or sanitise
your hands



If you have
COVID-19 symptoms,
get a test



Stay home if
you are sick



Use the NZ COVID Tracer
app to sign in to locations;
turn on Bluetooth



Wipe down all
commonly used surfaces



Cover coughs
and sneezes

Side effects

As with any vaccine, you may experience side effects. It's important to know that this does not mean that you have COVID-19. What this means is that your body is building up your protection to COVID-19. If you are unsure about your symptoms or they get worse, talk to your GP or call [Healthline on 0800 358 5453](https://www.healthline.com).

What you may feel

Pain, redness and/or swelling at the injection site are the most commonly reported reactions.

What can help

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.

When this could start

Within 6-24 hours.*

Head and muscle aches, fatigue, 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.*

* Rarely these reactions can recur in the second week, and may last another week or so.

Questions

How does this vaccine work?

Vaccines work by teaching the body's immune system to respond quickly to infection without being exposed to the infection itself.

Traditionally, most vaccines work by introducing modified versions, or bits of the virus, to the immune system. This teaches the body's immune system to respond by making protective antibodies so that when you come across the real infection, your body is prepared to fight it off.

The Pfizer vaccine uses a different approach that has been in development for over 20 years and been used for cancer therapy. It is a messenger RNA (mRNA) vaccine. This vaccine contains a piece of RNA code that instructs our own cells to make the spike protein of the virus. This protein trains our immune system to fight it.

The Pfizer vaccine is one of the most effective COVID-19 vaccines available worldwide. We are lucky that New Zealand has enough of the Pfizer vaccine to immunise our whole population.

Will having the vaccine mean I will not get COVID-19?

Getting a COVID-19 vaccine is an important step you can take to protect yourself from the effects of the virus. However, we don't yet know if it will stop you from catching and passing on the virus. Once you've been vaccinated, continue to take precautions to prevent the spread of COVID-19.

Thoroughly wash and dry your hands. Cough or sneeze into your elbow and stay home if you feel unwell. This will help you protect yourself, your whānau and others.

Continue using the COVID tracer app, turn on your phone's Bluetooth function, and you may wish to wear a face covering or mask.

What's in this vaccine?

The active agent is messenger RNA (mRNA). The other ingredients keep the mRNA stable and able to enter cells.*

No animal products were used in the vaccine.

*Source: MEDSAFE · New Zealand Medicines and Medical Devices Safety Authority

How do I know it is safe?

There's never been this level of global collaboration amongst scientists and governments in vaccine development. The collaboration has improved the speed of vaccine development and the launch of clinical trials around the world.

We are moving swiftly but without taking any short cuts or compromising safety.

Like New Zealand's Medsafe, international agencies that regulate vaccines have started assessing the clinical trial data much sooner than they usually would. Trial data was available quickly because people volunteered in large numbers to be involved in the vaccine trials. Large manufacturing plants have been developed, enabling vaccines to be produced more swiftly and on a larger scale than previously possible.

Vaccine companies have been sharing their data worldwide, which has sped up the research process and led to many innovations, such as using mRNA technology.

There have been no shortcuts.

How many people was it tested on before it was used in the community?

Before a vaccine is used it has to go through several testing stages to show safety and effectiveness. A trial with over 40,000 people has shown the Pfizer vaccine to be 95% effective against COVID-19.* While the vaccines have been produced quickly, they have gone through all the checks and balances that all other vaccines go through to ensure they are safe and effective.

The Pfizer vaccine is now in use around the world. Every country has a system to monitor and investigate serious adverse events, especially if unexpected. So far there have been no clearly linked safety concerns demonstrated for the Pfizer COVID-19 vaccine after hundreds of millions of doses administered.

* Source: New England Journal of Medicine

Has it been tested on different ethnicities specifically Māori and Pasifika? If so, what is the success rate?

No vaccine has shown different effects across different ethnic groups. There is no reason to believe that vaccine impact will vary by ethnicity.

No safety concerns have been identified among the first Māori and Pasifika people vaccinated in New Zealand.

It was tested at 152 sites worldwide (United States, 130 sites; Argentina, 1; Brazil, 2; South Africa, 4; Germany, 6; and Turkey, 9). Among those who completed the study, 49% were female, 83% were Caucasian, 9% were African American, and 28% were Hispanic or Latino. There were no differences in efficacy or safety by different ethnic groups.*

Why is NZ not waiting to see the long term effects of this vaccine?

Because the virus is killing people now, and our COVID-19-free status is fragile - as seen when the virus gets into our communities and we have an outbreak.

Millions of people are being vaccinated every day. Almost a billion people worldwide will be vaccinated by April 2021.

The vaccine is likely to provide long-term protection, but we do not yet know for how long. Any adverse effects from the vaccines tend to be seen at the time or within a few weeks. There is no biological basis to expect a longer-term effect.

What age can I have it from?

From the age of 16 years of age, you can be vaccinated. The trial did not include younger people. Trials for younger children are in progress. We expect to have more information about the use of the vaccine in those under 16 years later in 2021.

* Source: The Immunisation Advisory Centre (IMAC)

I am healthy and not old. Why do I have to get vaccinated?

The COVID-19 vaccine will help protect you from getting sick from the virus and it will help reduce the risk of passing the virus on to your whānau, friends and community.

Does the vaccine work across all strains?

The Ministry of Health is evaluating preliminary data from other countries about the impact new strains may have on vaccine effectiveness. Some companies have indicated they may make changes to the vaccine to ensure they work properly – this is similar to the regular changes made to the influenza vaccine.

How many injections are needed? When do I get the second one?

You need two doses of the Pfizer vaccine to give you the best protection against the virus. The second dose is given at least 3 weeks after the first.

How long will the vaccine protection last?

Not enough time has passed since the first vaccinations were given to answer this. People enrolled in clinical trials are being followed up closely. Results from the follow ups should tell us how long the vaccine protects you.*

* Source: The Immunisation Advisory Centre (IMAC)

If I have an severe reaction to it, what can happen, and who do I contact?

Like all medicines, the vaccine may cause side effects in some people. These are common, are usually mild, don't last long and won't stop you from having the second dose or going about your daily life. Some side effects may temporarily affect your ability to drive or use machinery.

Serious allergic reactions do occur but are extremely rare. Our vaccinators are trained to manage these.

Once you have returned to your daily routine, if you have any concerns about your health or if any symptoms get worse, call Healthline on 0800 358 5453.

If you have had a severe or immediate allergic reaction to any vaccine or injection in the past, please discuss this with your vaccinator.

If you are on blood-thinning medications or have a bleeding disorder, please let your vaccinator know.

If you are pregnant, please talk to your vaccinator, GP or midwife.

I have allergic reactions to antibiotics. Will I react to this vaccine?

It is not possible to predict who will have a reaction to the vaccine. If you do have a severe reaction, vaccinators are trained to recognise and treat this.

If you have had a severe or immediate allergic reaction to any vaccine or injection in the past, please discuss this with your vaccinator. If you have any concerns about your health or potential allergic reactions, call Healthline on 0800 358 5453

Am I likely to get a severe reaction to the second dose of the vaccine?

In large clinical trials, only 1% of people had an severe reaction after the first dose of the Pfizer vaccine and 3% of people after the second dose.

Some people experience mild to moderate discomfort at the injection site and flu-like symptoms (such as headache, muscle and joint aches, fever) for a day or two after vaccination. These reactions are more common after the second dose and in younger adults.*

* Source: The Immunisation Advisory Centre (IMAC)

Could it affect me having children?

There is no biologically plausible reason why this vaccine could have any effect on our genes or fertility. No components of the vaccine or the spike protein produced reach the ovaries or the testes.*

Can you be vaccinated if you are pregnant or planning to get pregnant in the next few months?

Yes, you can be vaccinated at any stage of your pregnancy.

If you are pregnant, you can get early access to vaccination. This is because you could get very sick if you get COVID-19 while you are pregnant.

You should discuss your situation and the benefits and risks of receiving the vaccine with your midwife or doctor.

Will having the vaccine mean I will not pass COVID-19 onto my whānau?

An ideal vaccine stops you from carrying and passing on infection as well as protecting you from becoming seriously ill. It is unclear whether COVID-19 vaccines only protect against symptoms and severe disease, or if they can also stop all infection, including infection but no symptoms.*

What if I am sick when booked to get it?

You may still be able to get vaccinated - phone your GP or Healthline 0800 611 116 for advice.

If you have symptoms of COVID-19, get a test and stay at home until you get your results. You can be vaccinated once you have a negative test.

If you're otherwise unwell and can't make your appointment, you'll need to reschedule this as soon as possible.

* Source: The Immunisation Advisory Centre (IMAC)

Will it change my DNA?

No.

The vaccine does not interact with our DNA. The mRNA cannot enter the cell nucleus where our DNA are stored.

It works in the cell body as the instructions to make the protein.

Then the vaccine is rapidly broken down and removed from your body.

Where can I get more information on the vaccine?

Speak to your family doctor

Call Healthline 24/7 on **0800 358 5453**

[covid19.govt.nz/vaccines](https://www.covid19.govt.nz/vaccines)

You can also email the Hauora Tairāwhiti Medical Officer of Health at osman.mansoor@tdh.org.nz



New Zealand is in a fortunate position of not having to rush the vaccine roll-out because of the huge effort you have put in to protecting everyone.

Karakia / blessing

Mā te rā e kawē mai

Te ngoi ia rā ia rā

Mā te mārāma e whakaora

I a koe I waenga pō

Mā te ua e horoi ōu māharahara

Mā te hau e pupuhi te kaha

Ki roto I tō tinana

I roto i ōu hikoitanga i te ao

kia whakaaro koe ki te hūmarie

ataahua hoki o ōu rā

mō ake tonu atu

Āmine

May the sun bring you energy by day

May the moon softly restore you by night

May the rain wash away your worries

May the wind blow new strength into your being

*May you walk on this earth in peace all the days of your life
and know its beauty for ever and ever*

Amen

Thank you
for all that
you do in
protecting
Aotearoa



Unite
against
COVID-19