

Te Rongoā Ārai

Mate Korona

The COVID-19 vaccine



Canterbury
District Health Board
Te Poari Hauora o Waitaha



West Coast
- District Health Board -
Te Poari Hauora a Rohe o Tai Poutini

**Mā tātau
katoa e
ārai atu te**

COVID-19

Thank you, whānau, for
everything you have done
over the past year to keep
our community safe.



Finally, the COVID-19 vaccination is here, it's safe and it's free. This booklet will answer some of your questions about the safety of the vaccination.

We want you to have access to easy to understand, scientific information, so we can continue to protect our whānau from Mate Korona – it's about manaaki tāngata.

Pfizer vaccine FAQs

How is the vaccine safe, given it has been developed so quickly?

The vaccine is safe to use. No short cuts were taken during the development of the vaccine.

Since December, hundreds of millions of people have received at least one dose of a COVID-19 vaccine worldwide – more than the total number of people who have been infected with the virus (more than 100 million).

Does the vaccine contain the virus?

No. There is no virus being injected into your body; you cannot get COVID-19 from the vaccine.

This vaccine teaches your body to recognise the virus, so it can respond straight away if you get infected.

Who can get vaccinated?

Everyone 16 years and older in Aotearoa can be vaccinated. If you have serious health conditions, please check with your whānau doctor first.

What about my kids who are under 16 years?

People under the age of 16 are not included for now. The evidence is changing daily and we will keep you updated.

Will the vaccine have long-term side effects?

Serious side effects are very rare. If side effects are going to occur, they usually happen within a few months after getting a vaccine.

This is why international medical regulators, including Medsafe NZ, require the first few months of safety data before approving new vaccines. This, plus information coming from vaccine recipients in the northern hemisphere, gives us confidence that COVID-19 vaccines are safe. The safety of the vaccine will continue to be monitored.



Will the Pfizer vaccine be effective against the new strains of the virus?

The Ministry of Health is evaluating initial 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 continue to work effectively – this is similar to the regular changes made to the influenza vaccine.

Can I get the MMR (measles, mumps and rubella) and flu vaccinations (influenza) before or after I get the COVID-19 vaccination?

If you want to get the MMR vaccination, allow 4 weeks before your first dose or after your second dose of the Pfizer vaccine. If you want the flu vaccination, allow two weeks. For all other vaccinations, allow a two week gap after receiving your second dose of the Pfizer vaccine. Please check with your whānau doctor or other health professional before any vaccination.

Will the vaccination affect my fertility?

There is no evidence that suggests the vaccination will have an impact on female or male fertility.

If I am pregnant, can I have the vaccine?

The Pfizer vaccine is not a 'live' vaccine. This means it cannot cause COVID-19 infection in you or your pēpi. Vaccines based on live viruses are avoided in pregnancy in case they infect the developing baby and cause harm. However, non-live vaccines are safe in pregnancy, for example, flu and whooping cough.

Can I breastfeed my pēpi once I've had the vaccine?

The New Zealand government supports the use of the approved vaccine for breastfeeding wāhine. Breastfeeding wāhine do not need to stop breastfeeding to receive the vaccine.

Can I attend events (e.g. whānau gatherings, church services, sports) once I've had my vaccination?

Yes. You're fine to attend any large events, depending on national COVID-19 alert levels.

I'm young/fit/healthy. If I get the virus it's not going to kill me; why should I get it?

Vaccination is about protecting our communities. This includes our kaumatua, mates who get sick easier, whānau members with conditions that make them more likely to die from COVID-19 and our essential workers who have to keep working no matter how bad community spread gets.

You should get the vaccine to protect all of them.

If I don't get the vaccine, will I be discriminated against at work?

Employers cannot require an individual to be vaccinated.

However, employers can require a specific role be performed by a vaccinated person. Employers must have first done a health and safety risk assessment to support such a requirement, and must do this assessment in collaboration with workers, unions and other representatives.

Is it free to get vaccinated?

Yes. The vaccine is free for everyone.

Is the vaccination compulsory?

Receiving the vaccination is not compulsory.

Can I get vaccinated if I've already had COVID-19?

Yes. However, if you currently have serious health issues from COVID-19, you may not be well enough to receive the vaccine. If you're unsure, please check with your whānau doctor.

How many doses do I need?

For the best possible protection, you must receive two doses of the vaccine.

Side effects

As is expected with any vaccine you may experience mild side effects. See the table below for what's normally expected and what you can do about it.

If you are worried because the side effects are worse than expected, contact your GP team, or if you don't have a GP, call Healthline free on 0800 358 5453.

What you could feel	What can help	When this could start
Pain at the injection site, headache and fatigue are the most commonly reported reactions.	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.	Within 6-24 hours.
Muscle aches, feeling generally unwell, chills, fever, joint pain and nausea could also occur (although this is mostly after the second dose).*	Rest and drink plenty of fluids. Paracetamol or ibuprofen can be taken, follow the manufacture's instructions. Seek advice from your health professional if your symptoms worsen.	Within 6-48 hours.
Anaphylaxis/severe allergic reaction (rare)	You'll be monitored by a health professional for 20-30 minutes.	Within 20 minutes

* These symptoms may not be related to the vaccine and could be signs of an unrelated illness. Seek medical advice if you are concerned.

When do I get my vaccination?

The vaccination has been rolled out in stages/tiers and the timing of your vaccination depends upon the tier you fall under. Most whānau will be in tiers 3 and 4. Vaccinations for these tiers are expected to occur from early in the second half of the year.

Tiers 1 and 2 have already begun and should be finished by the end of June.

Visit this link to find out what tier you are in – bit.ly/3t5xK18

Where will I get my vaccination?

In Christchurch there are two locations: Burwood Hospital and 100d Orchard Road. At the moment it's by invitation/appointment only to ensure we vaccinate those most at risk first.

As we roll out the vaccine more sites will be set up.

Getting your vaccination



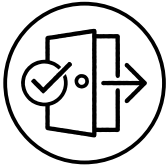
We will do a health check with you.



A health professional will inject the vaccine into the muscle of your upper arm (either side).



You'll be monitored for 20-30 minutes in case you have any immediate side effects.



Once we say you're fine, you can leave and carry on with your day.

After you've had your vaccination



You will be contacted to book an appointment for your second dose of the vaccine (three to six weeks after receiving your first dose).



For the best possible protection, you must receive two doses of the vaccine.

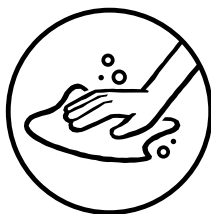
We want to ensure all of our community is safe from COVID-19 infection – both in Aotearoa and when travelling overseas.

COVID-19 health reminders

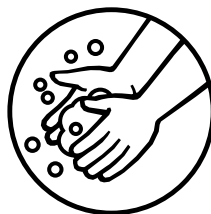
Even when vaccinated, it is important to keep practising COVID-19 health measures.



Stay home if you are sick



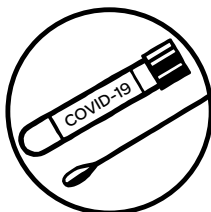
Wipe down all commonly used surfaces



Wash or sanitise your hands



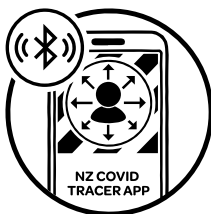
Wear a mask on all public transport



If you have COVID-19 symptoms, get a test



Cover coughs and sneezes



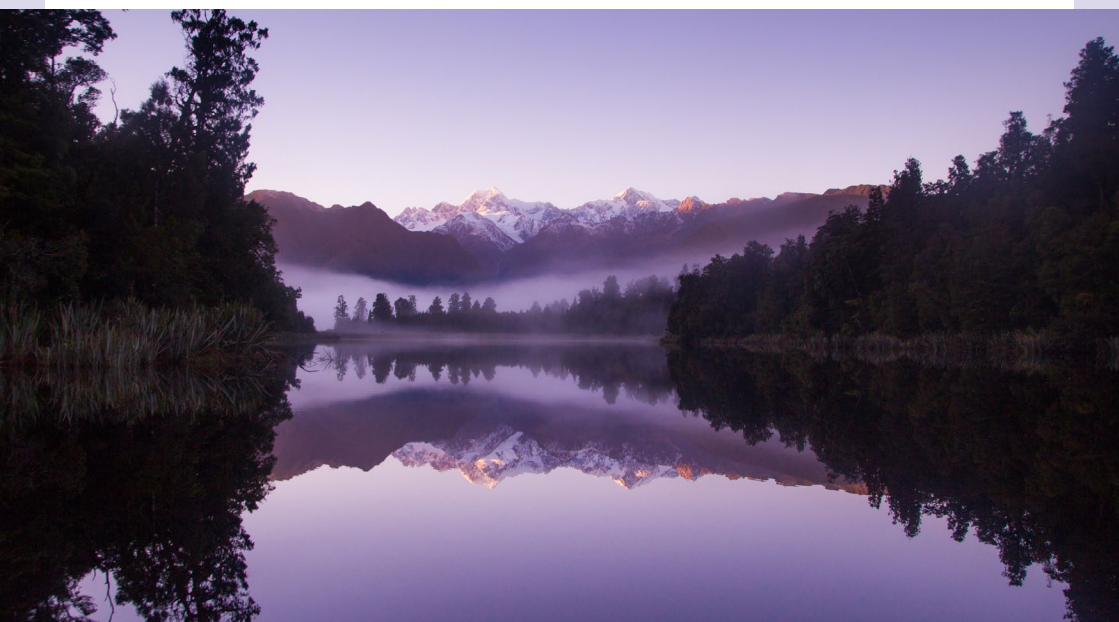
Use the NZ COVID Tracer app to sign in to locations; turn on Bluetooth

For more information

Before your vaccination appointment:

- Visit covid19.govt.nz and look for COVID-19 vaccines in the menu on the right.
- Talk to your GP team if you have one.
- Talk to your pharmacist.
- Talk to your Hauora Māori health provider.
- Talk to a Māori Pharmacist on 0800 664 688.
- If you don't have a GP or a pharmacist, call Healthline on 0800 358 5453.

If you have questions on the day, ask your vaccinator.



Message from Te Ohu Urupare – Māori COVID-19 Response
Group Waitaha and Te Tai Poutini

Thank you for protecting our whānau, our whakapapa and Aotearoa

We encourage all Māori living in
Waitaha and Te Tai Poutini to get
vaccinated against COVID-19.
Be a Kaitiaki for your whānau and
whakapapa – help protect against
COVID-19.

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