

# **COVID-19 VACCINE INFORMATION BOOKLET**

Everything you and your family need to know  
about getting the COVID-19 vaccine in the Whanganui rohe.

# Why it's important to be vaccinated against COVID-19

**In addition to continuing to maintain excellent hygiene practices, mask wearing and safe social distancing, the COVID-19 vaccines are another way that we can fight against COVID-19 and keep our family and friends safe.**

The COVID-19 vaccine is free, voluntary, and available to everyone in Aotearoa 12 years and over.

The vaccine isn't a cure for COVID-19, however it does provide a layer of protection and will help prevent you from developing severe symptoms from the virus. It also reduces the risk of you spreading the virus to others.

The vaccines work to protect our health by teaching the body's immune system to recognise the virus without causing illness to the body's immune system. The body then remembers the virus and when/if the infection occurs, the body will remember this and fight the infection faster.

Getting a COVID-19 vaccine is an important step that you can take to protect yourself and your family from the effects of the virus, particularly those who are too young to be vaccinated.



*Wiremu TeWehenga Thompson receiving his COVID-19 Vaccine at Te Rito Whanganui Wellness and Vaccination Centre*

## Vaccinations for 12-15 year olds

The COVID-19 vaccine is now available to children aged 12-15 years. Parents/caregivers can call 0800 28 29 26 to see if they can add children to their existing booking. Some vaccination centres may accept without a booking; however, this is not guaranteed.

12-15 year-olds can self-consent without parent/guardians as long as the vaccinator is satisfied that they are fully informed. ID for this age group is not required at the vaccination centre.

## Pregnancy – Hapū Māmā

Hapū māmā are a priority during this current Delta outbreak, they do not have to discuss with GP/midwife first, unless they specifically want to.

The vaccine is safe for pregnant people.

# Frequently Asked Questions

## About the COVID-19 Vaccine

1

### **How safe is the vaccine?**

The vaccine has been approved by Medsafe who will only approve a vaccine for use in NZ once it's confident it complies with international standards and local requirements for quality, safety, and effectiveness.

2

### **Is the vaccine live?**

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

3

### **Does the vaccine protect against the new strains of COVID-19?**

Yes! There is evidence that shows the Pfizer vaccine gives best protection against all strains of COVID-19 when you have both doses.

4

### **Is it compulsory to have a COVID-19 vaccine?**

Having a COVID-19 vaccine is voluntary which means you decide whether you wish to have the vaccine; however getting vaccinated is one of the best ways to protect yourself and your family from the virus.

5

### **When can I get my vaccine?**

All groups are now being vaccinated. To make an appointment for your COVID-19 vaccine, call 0800 888 479 or book online at [bookmyvaccine.nz](https://bookmyvaccine.nz) to make an appointment to have your vaccine.

6

### **How many people have been vaccinated so far?**

To date, over 2 million people have received their first vaccine; of that number over 1.1 million have received their second dose of the vaccine in NZ.

To learn more about the COVID-19 vaccine, head to the Unite against COVID-19 website.

# Possible Immune Response

The vaccine may cause an immune response.

This is the body's normal response and shows that the vaccine is working.

The common reactions are usually mild, don't last very long and are very unlikely to stop you from going about your day to day life. Any immune response also will not prevent you from having your second dose of the vaccine.

Immune responses you may experience and how you can look after yourself include:

What you may feel	What can help	When this could start
Pain at the injection site.	Place a cold, wet cloth, or ice pack on the injection site for a short time. Do not rub or massage the injection site.	Within 6 to 24 hours.
Muscle aches, headaches, feeling generally unwell, chills, fever, joint pain and nausea may also occur.	Reset and drink plenty of fluids. Paracetamol or ibuprofen can be taken - ensure you follow the manufacturer's instructions. Seek medical advice from your health provider if symptoms worsen.	Within 6 to 48 hours.

If you are unsure about your symptoms or they get worse, talk to your health provider or call Healthline on 0800 358 5453

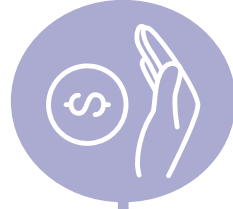
## Health Reminders

In addition to getting the COVID-19 vaccine, it is important that we continue to maintain the health practices such as washing your hands and staying home if unwell. These health practices will not only help to prevent us from passing and catching COVID-19, they will also help to keep many other illnesses such as the common cold and flu away.

To help protect yourself, you family and our community we must continue to take the necessary precautions to help prevent the spread of COVID-19.

# COVID-19 Vaccine Scam Alert

Scams are always looking for ways to trick people into sharing their personal or financial information. Here is some advice to keep you safe from scammers.



You will never be asked to pay for the vaccine or pay to secure your place in the queue.

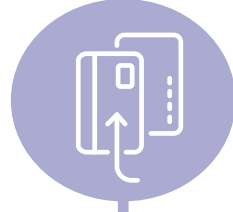


Information about the vaccine will come from trusted local and national health providers such as:

- \* Ministry of Health
- \* United Against COVID-19
- \* WDH B
- \* WRHN
- \* Te Oranganui Trust



You will never be asked for personal information via text or email. If you are, do not respond and report it to CERT NZ.



If you receive an email, phone call or text asking for financial details in regards to the vaccine, it will be a scam.

Report it immediately to CERT NZ



If health worker comes to your home to give you the vaccine, be sure to ask for identification.



If you see something about the vaccine that doesn't seem right, report it to CERT NZ or call 0800 237 869

CERT NZ works to support business, organisations and individuals who are affected by cyber security incidents. If you come across someone using the COVID-19 vaccines to access personal information or financial details from you, please report it online at [www.cert.govt.nz/covidscams](http://www.cert.govt.nz/covidscams).

# Protect against Covid-19

Book your vaccination now  
Call 0800 28 29 26 or go online to [BookMyVaccine.nz](https://BookMyVaccine.nz)



**"It's our job to protect our tamariki and mokopuna,  
and my moko is the reason why I'm getting vaccinated."**

Maria Potaka. Kaihautū Puawai Whānau,  
Tamariki Service Manager Te Oranganui.

**"The vaccine is important for individual protection and  
just as important to protect your community."**

Dr. Patrick O'Connor.  
Whanganui Medical Officer of Health.



Visit: [covid19govt.nz](https://covid19govt.nz) and [health.govt.nz/coronavirus](https://health.govt.nz/coronavirus)



# Getting your COVID-19 Vaccination

Getting your COVID-19 vaccine is a 4-step process, check it out here!



## Step 1:

When you arrive at your appointment, a healthcare worker will provide you with some information and conduct a health check. Before you can be vaccinated, you will need to give consent (either written or verbal).



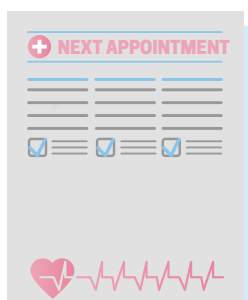
## Step 2:

When its time for you to be vaccinated, a healthcare worker will give you the vaccine into your arm. It is suggested that you choose your least dominant arm.



## Step 3:

Once you have received your vaccine, you will move into a waiting area where you will need to wait for 15 minutes so a healthcare worker can monitor you.



## Step 4:

Once the healthcare worker has given you the all clear, you can leave and carry on with your day. Before you leave, be sure to book an appointment to have your second dose of the vaccine at least 3 weeks later.

You can book your COVID-19 vaccine appointment by calling 0800 888 479 or online at [bookmyvaccine.nz](https://bookmyvaccine.nz).



# COVID-19 Vaccination Rollout Plan – When will I be vaccinated?

## WHO

### Group 1

Border & MIQ staff and the people they live with.

Any and all staff who work at the border or in MIQ, and the people they live with.

This includes security, customs, defence and police forces, cleaners and MIQ hotel staff.



**Currently underway**

### Group 2

High risk front-line staff & high-risk people.

- High-risk frontline healthcare staff.
- Anyone living in long-term or aged residential care.
- Māori and Pasifika elders and their families who care for and/or live with them.



**Currently underway**

### Group 3

People at risk of getting very sick from COVID-19

- People aged 65+.
- People with relevant underlying health conditions.
- People with disabilities and the people that care for them.
- Māori and Pasifika aged 50+.
- Pregnant Women



**Currently underway**

### Group 4

Everyone else in Aotearoa aged 16 years and over.

Everyone else aged 12 years and older.

This group is being vaccinated in age stages.



**Currently underway**  
Everyone can book now.

## WHEN

## WHERE

If you are yet to be vaccinated and your group is currently underway, you can call 0800 888 479 or book online at [bookmyvaccine.covid19.health.nz](https://bookmyvaccine.covid19.health.nz)

**Please note:** Dates may change based on the advice from the WDHb and Ministry of Health. All up to date information about the vaccine rollout will be on TV, radio, in the newspaper and on social media. If you have any questions, email [covid19@wdhb.org.nz](mailto:covid19@wdhb.org.nz)