

COVID-19 vaccine: Information for whānau

The COVID-19 Vaccination Programme is the largest and most intensive vaccination programme Aotearoa has ever embarked on. The COVID-19 vaccine is free for everyone 16 years and over. It provides us all with an important opportunity to protect our whakapapa.

Here is some helpful information for whānau about the COVID-19 vaccine.

How much does the COVID-19 vaccine cost?

There is no cost for the COVID-19 vaccine. It is fully funded and free to everyone and anyone.

Can I receive my COVID-19 vaccine and my flu vaccine at the same time?

No, it is recommended that you have a minimum of two weeks (14 days) between your flu and COVID-19 vaccination. You should speak to your doctor or vaccinator about when it is the right time for you to get your vaccinations.

Where can I go to get vaccinated?

We want everyone to be able to access the COVID-19 vaccine quickly and easily. Depending on where you live, there are a range of places that people can go to get vaccinated including at your doctors, at a local community clinic or pop up centre or even at your marae. You should discuss the best option for you and your whānau with your doctor.

Is there a plan for the COVID-19 vaccinations programme?

Yes, we have a plan for the COVID-19 vaccination programme.

You can find this information on the Unite Against COVID website at www.covid19.govt.nz

The main thing to know is that kuia and koroua (over 65 years old), people with underlying health conditions and people with a disability will be

vaccinated at the earliest opportunity. We will start with whānau living in the Counties Manukau District Health Board area first, and then across Aotearoa.

What are underlying health conditions?

An underlying health condition is any health condition that makes a person more at risk of COVID-19.

Conditions such as:

- High blood pressure
- Heart problems
- Asthma and other breathing problems
- Diabetes
- Cancer and some blood problems
- Although being hapū is not a health condition, hapū mama are also included.

If you or anyone in your whānau have an underlying health condition or you are hapū, you should first speak to your doctor about whether the COVID-19 vaccine is right for you. Your doctor understands your health circumstances best and can provide you with the information that is relevant for your health care.

Te Kāwanatanga o Aotearoa

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COVID-19



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Who shouldn't get a COVID-19 vaccine?

There are some people who shouldn't get a COVID-19 vaccine.

They are:

- Tamariki and rangatahi under 16 years old
- If you have had an allergic reaction to any other vaccine
- Anyone with a compromised immune system.

This is because there have not been clinical trials completed on people with these conditions or in these circumstances. As clinical trials are completed, it may mean that we are able to offer the COVID-19 vaccination to more people.

If you are concerned about whether the COVID-19 vaccine is right for you, you should speak to your doctor.

How does the vaccine work?

Vaccines work by teaching our immune system to respond quickly to infection without being exposed to the infection itself. Most vaccines work by introducing modified versions, or bits of the virus, to our immune system. This prompts our body to be prepared to fight off infection if we get māuiui.

Some of the COVID-19 vaccines, such as the Pfizer vaccine, use a different approach. These are known as 'messenger RNA' vaccines. These vaccines don't use virus cells at all – instead they contain a piece of RNA code that essentially teaches your body to recognise the virus, so it can respond straight away if you get māuiui.

Specific information about the Pfizer vaccine is available at Medsafe at www.medsafe.govt.nz/COVID-19/q-and-a.asp

Will I be covered by ACC if I experience an injury from the COVID-19 vaccine?

A physical injury resulting from a vaccination, including the COVID-19 vaccine, may be covered if the criteria for treatment injury are met. Under ACC legislation, the injury must be clearly caused by the vaccination and must not be a necessary part or ordinary consequence of the treatment.

Ensure you get the facts

There's a lot of information out there about the COVID-19 vaccine and Cert NZ regularly publishes scams that are circulating. If your friends or whānau are looking for trusted sources of information about the COVID-19 vaccines, you can point them to:

www.health.govt.nz/covid-vaccine

www.covid19.govt.nz/vaccines

www.cert.govt.nz (search for 'COVID 19 vaccine scams').

Who can I speak to for more information?

For more information, you can contact Healthline on 0800 358 5453. You can always also talk to your normal doctor or nurse as well.

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