



Be a DOER!
KARAWHIUA



Protecting whānau is what we do

We can be proud of what we have done to protect each other from COVID-19. Let's not waste our hard mahi. We still need to protect our whānau and communities from COVID-19. The Pfizer COVID-19 vaccine is FREE. There will be enough vaccine for everyone aged 12 and over* to get the two doses they need to be protected against COVID-19.

How does the COVID-19 vaccine help protect us?

Getting vaccinated is a way to look after our whānau and community. It protects us by teaching our bodies to recognise and fight the virus. If most of us are vaccinated, we can also reduce the risk of outbreaks which can lead to lockdowns and put our health system under pressure.

The COVID-19 vaccine teaches the immune system to recognise and fight the virus. It can't give you the disease because it does not contain the virus, or a dead or inactivated virus, or anything that can affect our DNA. The vaccine is gone completely from your body within a few days, leaving your immune system ready for action if COVID-19 comes near you.

How do we know it is safe for our whānau??

In Aotearoa, vaccines are assessed by New Zealand's Medicines and Medical Devices Safety Authority (Medsafe). Medsafe is part of the Ministry of Health.

Medsafe will only approve a vaccine for use in Aotearoa once it is confident it meets national and international standards for safety, effectiveness and quality.

Choosing to be vaccinated

It's your choice to get vaccinated.

Getting two doses of the vaccine will give you and your whānau the best protection. The vaccine is especially important to safeguard our kuia and kaumātua, hapū Māmā and others who are more likely to get seriously ill from COVID-19. It will also help protect our tamariki and those who cannot yet be vaccinated against the virus.

What to expect when you get the vaccine

- You will be asked to provide your details and to give consent.
- A fully trained vaccinator will give you the vaccine in your upper arm.
- You will need to stay for 15 minutes after being vaccinated.
- Some mild side effects are common and are a sign your body is learning to fight the virus.
- A second appointment will be booked for you. Be sure to make a note so you know when and where your second appointment is happening.



Are there side effects from the vaccine?

All vaccines can have some side effects. These side effects are usually mild and only last for a few days.

Common side effects can include:

- pain at the injection site
- a headache
- feeling tired or fatigued
- muscle aches
- feeling generally unwell
- chills
- fever
- joint pain
- nausea.

These are signs that the vaccine is working.

Globally, millions of people have already received both doses of the Pfizer vaccine, with an extremely small number of serious reactions.

If you have any questions or worries after your vaccinations, contact your doctor or health provider.

For some of our whānau, it's best to check-in with your health provider before getting the vaccine

- **Pregnant.** Talk to your midwife or doctor.
- **Taking any medications.** Talk to your health provider first.
- **Have a bleeding disorder.** Talk to your health provider first.
- **Had an allergic reaction to any vaccine or injection in the past.** Let your vaccinator know before you get the vaccine.

* At this stage, tamariki and rangatahi under 12 cannot get the Pfizer vaccine. The first trials of the vaccine focused on more vulnerable groups rather than younger people. Further trials are currently underway and when more data becomes available, that guidance will be updated.

Protecting whānau is what we do.

Visit [Karawhiua.nz](https://www.karawhiua.nz) for more information.



Te Puni Kōkiri
MINISTRY OF MĀORI DEVELOPMENT



Unite
against
COVID-19

Protection for our hapū māmā or while breastfeeding

Based on how the vaccine works, experts believe it is as safe for hapū Māmā as it is for everyone else. This is because the Pfizer vaccine does not contain the live virus so it can't give you or pēpi COVID-19.

If you're hapū, you can get the COVID-19 vaccine at any stage of your pregnancy.

Breastfeeding Māmā can receive COVID-19 vaccines. There are no expected safety concerns for breastfeeding wāhine or their pēpi.

Vaccinating during pregnancy may also help protect your pēpi as there's evidence that infants can get antibodies to the virus through cord blood and breast milk.

If you are planning to be hapū, you can still receive COVID-19 vaccines.

If you have any questions about COVID-19 vaccines and pregnancy or breastfeeding, speak to your midwife or doctor.

There are still many things we can do to help stop the spread of COVID-19:

- Stay home if you're sick
- Use the NZ COVID tracer app (including turning on Bluetooth)
- Wear a face covering on public transport
- Wash your hands regularly with soap and water
- Get tested for COVID-19 if you have symptoms
- Choosing to get vaccinated.