



*“Korowaitia te puna waiora, hei oranga
motuhake mō te iwi”*

COVID-19

Information Pack

Everything whānau need to know about Covid-19

Updated: March 2022

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All information included in this booklet was correct at the time of printing. It is recommended to always follow the advice of your health professional and check for the latest updates on <https://covid19.govt.nz/>

WHAT DOES COVID-19 LOOK LIKE?



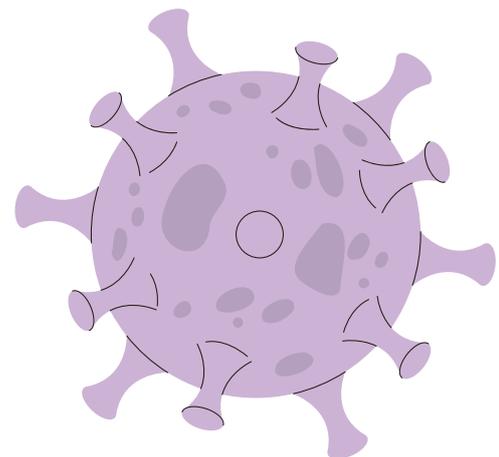
Common symptoms are:

- fever
- cough or sore throat
- loss of smell or altered sense of taste
- sneezing or runny nose
- shortness of breath

Less common symptoms may include:

- diarrhoea
- headache
- muscle aches
- nausea
- vomiting
- confusion /irratibility

These almost always occur with one or more of the common symptoms.



KEEPING YOURSELF SAFE

It is important that we maintain the health practices we've all become familiar with.

These health practices not only help to prevent us from passing and catching COVID-19, they will also help to keep many other illnesses away such as the common cold and flu.

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



Stay home if you are sick.



Cover coughs and sneezes.



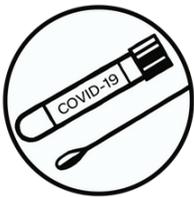
Wear a mask.



Wash or sanitise your hands.



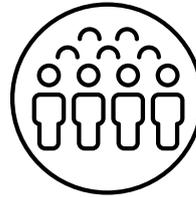
Wipe down all commonly used surfaces.



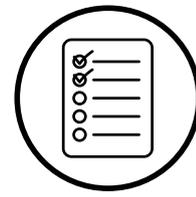
If you have Covid-19 Symptoms get tested.



Get vaccinated.



Reduce close contact in indoor spaces.



Create a whānau plan!

He mihi tēnei ki a koe...

Thank you for taking the necessary steps to protect yourself and your whānau from COVID-19.



COVID-19 VACCINE



WHAT IS THE COVID-19 VACCINE??

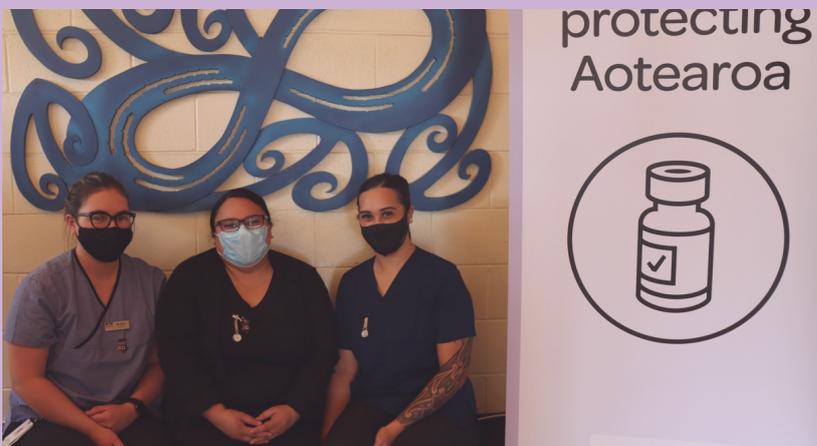
Along with excellent hygiene practices, mask wearing, and safe social distancing, vaccines are another way that we can fight against COVID-19 and protect our whānau, hapū, iwi and communities.

The COVID-19 vaccines are free and available to everyone in Aotearoa 5 years and over.

Vaccines work to protect our health by teaching the body's immune system to recognise pathogens (disease-causing organisms) without causing illness to the body's immune system. It then remembers this pathogen and when/if the infection occurs at a later date, the body will remember this and fight the infection faster.

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.

Getting a COVID-19 vaccine is an important step that you can take to protect yourself and your whānau from the effects of the virus. However, we don't yet know if it will stop you from catching and passing on the virus.



Vaieshalee Renata (COVID Vaccinator DHB), Te Ngaahere Peeti & Maikara Erueti (COVID Vaccinators Te Oranganui).
3 New Graduates, All COVID-19 Vaccinators and all graduated from the same class.

"I wanted to vaccinate through Te Oranganui as a Māori Health Provider to change the culture in which our people see vaccinations.

I wanted to work with our people to service Māori, my whakaaro is that I would hate for our people to die of a non-Māori disease and that's why I am doing this mahi to ensure that our people and our whakapapa are protected."

- Maikara Erueti, Registered Nurse, COVID-19 Vaccinator, Te Oranganui

COVID-19 VACCINE

TAMARIKI VACCINATION



Covid-19 Vaccine for tamariki aged 5 to 11 years

Parents and caregivers have the opportunity to protect their tamariki aged 5 - 11 years against Covid-19, by being immunised with a child (paediatric) formulation of the Pfizer vaccine.

The vaccine used for tamariki is a children's version of the Pfizer vaccine, with a lower dose and smaller volume.

Tamariki need two doses of the vaccine to be fully protected. It is recommended these are at least 8 weeks apart. The interval can be shortened to a minimum of 21 days if needed, for example if your child is starting treatment with immunosuppressants.

Consent

A parent, caregiver or legal guardian will need to accompany your child to their appointment(s) as the responsible adult and be able to provide consent for them to be immunised.

At the appointment, both the adult and child can ask as many questions as they like.

Preparing your tamariki for vaccination

- Provide encouragement to help your tamariki feel relaxed.
- Make sure they have had something to eat and drink.
- Check they're wearing clothes that make it easy to see and access their upper arm.

If they are nervous, tamariki are welcome to take something to the appointment that may distract them, like a soft toy or ipad/phone.

If your tamariki have had previous reactions to immunisations, let your vaccinator know, speak to your whānau doctor prior to the appointment or talk to a trained advisor on the COVID Vaccination Healthline - **0800 28 29 26**.



COVID-19 VACCINE



POSSIBLE IMMUNE RESPONSE

Like with all medicines, 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 what can be done to help include:

What you may feel	What can help	When this could start
Pain at the injection site	Place 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	Rest and drink plenty fluids, Paracetamol or ibuprofen can be taken, follow the manufacturer's instructions. Seek medical advice from your GP if symptoms worsen.	Within 6 - 48 hours

COVID-19 VACCINE



SEVERE REACTIONS

Severe reactions to Pfizer Covid-19 vaccine are rare and usually occur within a few minutes of the vaccination.

This is why there is an observation period following the vaccination for monitoring by clinical staff to ensure you receive any medical treatment if this occurs.

Sign of severe allergic reaction can look like:

- difficulty breathing
- swelling of the face and throat
- a fast heartbeat
- a bad rash all over the body
- dizziness and weakness

MYOCARDITIS & PERICARDITIS

These are very rare but serious side effects of the Pfizer vaccine. However, it is important to be aware of the symptoms. If you have any of the below symptoms in the following days or weeks after being vaccinated, get medical help right away.

Symptoms of Myocarditis & Pericarditis

- discomfort, heaviness, tightness or pain in chest
- difficulty breathing
- feelings of having a fast-beating, fluttering, or pounding heart
- feeling faint, light-headed or dizzy

GETTING YOUR COVID-19 VACCINATION



Call **0800 202 004** to book an appointment for your COVID-19 vaccination.



When you arrive at your allocated time, an Administrator will do a health check with you and will provide you with some information.



Before you can be vaccinated, you will need to give consent (either written or verbal).



A tāpuhi will then inject the vaccine into your arm. It is suggested that you choose your least dominant arm.



You will need to wait around for 15 minutes after your vaccination so the nurse can monitor you.



Once the kaiawhina gives you the all clear, you can leave and carry on with your day.



Before you leave, be sure to make an appointment for your second dose or booster vaccine.

Protect against Covid-19

Book your vaccination now
Call 0800 202 004 or go online to 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 Service Manager,
Te Puawai Whānau, 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 and health.govt.nz/coronavirus

Privacy

All the information you provide today will be used to help run the COVID-19 vaccination programme. Information from the consent form and details of each immunisation given or turned down will be recorded by the Ministry of Health in the COVID-19 Immunisation Register.

This information will be treated with care to ensure the Ministry of Health meets its obligations under the Privacy Act 2020 and the Health Information Privacy Code 2020.

The information collected as part of the vaccination process may be used for:

- managing your health
- keeping you and others safe
- planning and funding health services
- carrying out authorised research
- training health care professionals
- preparing and publishing statistics
- improving government services.

Some information, such as information about reactions to the vaccine, will be shared with other organisations who provide health services such as the Centre for Adverse Reactions Monitoring

Sharing information with employers

Your employer may request confirmation of you receiving a vaccine. They should email COVID-19.privacy@health.govt.nz to request access.

Further information

For more information about how the Ministry of Health protects your information, visit the Ministry website at health.govt.nz/covid-vaccine-privacy or email COVID-19.privacy@health.govt.nz

GETTING TESTED

If you have Covid-19 Symptoms, get tested as soon as possible. A list of testing stations can be found at: <https://www.healthpoint.co.nz/covid-19/>.

Alternatively you can call Te Oranganui on **0800 202 004** to be tested.



POSITIVE COVID-19

Close Contact (Household)

If you live with someone that has tested positive for Covid-19

Other

Close Contact

If you have been in the same place, indoors, without a mask for 15 minutes or more with a positive Covid-19 case.

Isolate for 7 days from when you test positive or when you developed symptoms.

Isolate for 7 days.

Monitor for symptoms.

No further tests required unless directed to.

Get tested on day 3 and day 7.

Get tested if symptoms develop.

If you experience symptoms or receive a positive test result you are then considered a positive case.

**This information is subject to change and is accurate as of 28/3/2022. Please ensure that you follow the advice of Public Health and the Ministry of Health.*

ISOLATING

If you test positive for Covid-19, you will need to isolate while you recover. This is to keep you, your whānau and the community safe.

<p>Testing Positive</p>	<ul style="list-style-type: none"> • You will be notified by text or phone call. • You will be asked to complete an online Covid-19 contact tracing form. Or you will be given a call. • Cases are advised to let your household and close contacts know you have tested positive.
<p>Isolating at Home</p>	<ul style="list-style-type: none"> • You will need to self-isolate for 7 days. • Avoid contact with others in your household. • Focus on your rest and recovery. • After 7 days you are free to go. • If you are still feeling unwell after 7 days seek further health care advice.
<p>Quarantine Facility <i>If you cannot safely self-isolate at home. This is the best way to stop the virus spreading to others in your whare, and to ensure that you are well looked after.</i></p>	<ul style="list-style-type: none"> • Public Health Staff will call you to discuss how you are feeling, when and how you will be moved to a quarantine facility if necessary. • You will be given time to organise whether some of your whānau from your household go with you or stay home, financial support you may need and care for your pets. • In quarantine you will be given a welcome pack full of information, meals daily, wi-fi, laundry services, basic toiletries and access to a dedicated health team.

BEING PREPARED

Being prepared is about having conversations with your whānau and friends about your plan if you need to isolate or you test positive for Covid-19.

Your people plan:

- Who is in your whare? List all names, DOB, NHI Numbers and any specific needs.
- Who will be your support person? Someone you can call on should you need to isolate?
- Have a list of emergency contacts. Such as; Doctor, Dentist, Local Pharmacy, Work and Education provider.

Tamariki plan:

- Do you have tamariki that will need taking care of if you are unwell? Have a kōrero with your extended whānau and networks about what this could look like.

Isolation Essentials:

- First Aid & Cleaning
 - Prescription Medicine
 - Vitamins
 - Paracetamol
 - Cough Syrup
 - Lozenges
 - Chest Rub
 - Heat & Cool Packs
 - Tissues
 - Disinfectant
 - Sanitiser
 - Masks
 - Gloves
- Kai List
 - Food that is high in vitamins (Fruit & Veg)
 - Fluids (Water, tea & Electrolytes)
 - Easy heat meals
 - Canned kai
 - Snacks
 - Ice blocks



KEY CONTACTS



Te Oranganui	0800 202 004
Tupoho Social Services	0800 100 969
Whanganui DHB	06 348 1234
Healthline(Covid-19)	0800 358 5453
Government Helpline	0800 779 997
COVID Welfare	0800 512 337
Work and Income (WINZ)	0800 559 009

Useful Links:

Te Oranganui: www.teoranganui.co.nz

Ministry of Health: www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus

Unite Against COVID-19: <https://covid19.govt.nz/>

Are you all goods?: www.areyouallgoods.com

Whanganui DHB: www.wdwb.org.nz

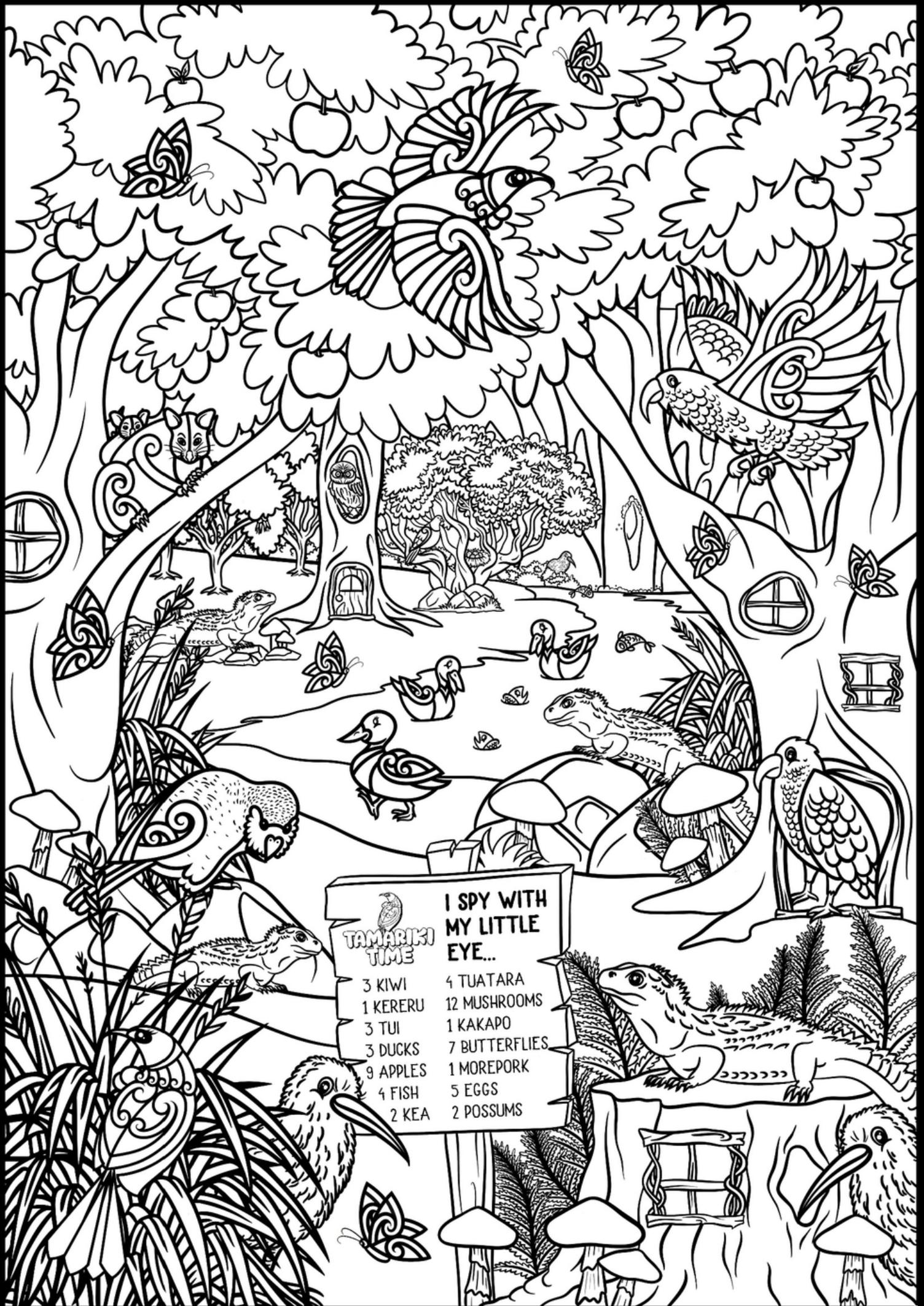
WHILE YOU'RE WAITING, GIVE THESE A GO!

U	I	C	O	V	I	D	K	A	E	U	R	C	U
G	Z	I	G	I	U	I	U	A	M	F	S	O	T
D	L	O	C	U	K	I	D	N	E	Y	S	U	E
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I	F	A	U	R	W	E	R	O	C	N	H	H	N
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MAUIUI
 FRUIT
 HEALTHY
 SNEEZE
 DIABETES
 COLD
 WERO
 COVID
 WALKING
 ASTHMA
 INFLUENZA
 ENERGY
 RUNNING
 HEART
 HAUORA
 HYGIENE
 KIDNEYS
 NGANGARA
 URUTA
 ILLNESS
 COUGH
 LUNGS
 LIVER

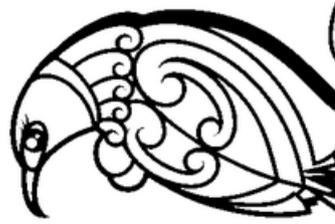
He mihi tenei ki a koe...

Thank you for taking the necessary steps to protect yourself and your whānau from COVID-19.



**TAMARIKI TIME**

3 KIWIS	4 TUATARA
1 KERERU	12 MUSHROOMS
3 TUI	1 KAKAPO
3 DUCKS	7 BUTTERFLIES
9 APPLES	1 MOREPORK
4 FISH	5 EGGS
2 KEA	2 POSSUMS



TOGETHER
CAN YOU HELP?
COLOUR! CAN YOU HELP?

TAMARIKI TIME

WORD SCRAMBLE

Can you unscramble each of the words below? HINT: The word search may be useful!

- a. IMSNUIE
- b. WANHUA
- c. IKITAMAR
- d. MEIT
- e. HREO
- f. RCONITOEP
- g. RNIDFSE

The numbers in each row add up to the totals on the right.
The numbers in each column add up to the totals along the bottom.

NUMBER BLOCKS

5			13
1			9
	2	1	4
6	12	8	

4			9
		4	7
			1
		2	6
9	5	8	

	3		12
	5	3	10
		4	9
12	9	10	

CAN YOU HELP
TUI GET TO
THE KOWHAI?





Kia kimihia, kia rapua,
kia rangahaua ngā tāonga
kia kitea ake ano rā te
huarahi tika mōku,
mōu, mō tātau katoa



Our Te Oranganui Team are here to support you and your whānau through these uncertain times. If you have any concerns or pātai please make contact with us.



0800 202 004



@teoranganui



57 Campbell St, Whanganui



teoranganui



www.teoranganui.co.nz

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