

# Boost your immunity



**COVID-19**

**Heading out of Tāmaki  
and have Questions?  
Call 0800 358 5433  
for COVID-19 advice.**

**Do the Mahi. Beat the Virus**

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**COVID-19**

**Feeling Sick?  
Get Tested.  
Stay safe this Summer.**

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# Get your second COVID-19 vaccination



**COVID-19**

**Remember to keep on  
scanning using the  
COVID Tracer App  
this Raumati.**

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# Get your free COVID-19 booster dose

## A booster dose is recommended after 6 months

Your first two doses of the COVID-19 vaccine will continue to help protect you from getting seriously ill, being hospitalised and possibly dying.

A booster dose increases your protection from COVID-19 and means you are less likely to pass it on to others.

### Who is eligible

Everyone in Aotearoa New Zealand aged 18 and over will become eligible for a booster vaccine dose 6 months after their second dose.

Healthcare and border workers are a priority for booster doses. Many had their second doses at least 6 months ago and they are at the frontline of the response to the COVID-19 pandemic.

We'll make sure older people and kaumatua, including people in residential care, have access to booster doses when they are eligible too.

### How to get a booster dose

You can get a booster dose by:

- walking into a vaccinating GP clinic or pharmacy that provides a walk-in service – see [www.vaccinateforauckland.nz](http://www.vaccinateforauckland.nz) for details
- booking through [BookMyVaccine.nz](http://BookMyVaccine.nz) or calling 0800 28 29 26
- making an appointment with your GP, if they are vaccinating and have their own booking system.

### Effectiveness of boosters

Data from Pfizer shows that a booster dose is 95.6% effective against COVID-19, including the Delta variant.

At this stage, there is no data available on the duration of protection against infection and disease following a booster dose. Health officials will continue to review information as it becomes available.

### Side effects of boosters

Boosters use the same Pfizer vaccine and dose that was used for the first two doses. The side effects of booster doses are similar too. These can include pain, redness or swelling at the injection site, headache, nausea and feeling tired or fatigued.

### Boosters are not currently mandatory

Currently, booster doses are not mandatory for workers who need to be vaccinated. You do not need a booster dose to be 'fully vaccinated' or to get My Vaccine Pass or certificate. If you do get a booster dose, it will be added to My COVID Record and you can create another pass.

### Overseas vaccinations

If you had your vaccination overseas, you can get a Pfizer booster 6 months after you received your most recent vaccine. The Pfizer vaccine is the primary vaccine being used in New Zealand for booster doses, even if you had a different vaccine for earlier doses.

### If you are immunocompromised

The booster is different to the third primary dose recommended for people who are severely immunocompromised. Talk to your GP or specialist if you think you might be eligible for a third primary dose. Eligible people can access a booster dose 6 months after receiving their third primary dose.

Help keep yourself and your loved ones safe.  
Get your free booster dose.



# Kia ora!

The best way to protect yourself and your whānau over the holidays is to ensure you are fully vaccinated.

## Got questions?

The Disability COVID Vaccination Healthline team is available between 8am and 8pm from Monday to Friday. For information, you can text 8988, phone 0800 28 29 26 or email: [nrhccvaxenquiries@adhb.govt.nz](mailto:nrhccvaxenquiries@adhb.govt.nz).

## It's easy to get vaccinated

There are now more places than ever to get vaccinated - see [www.vaccinateforauckland.nz](http://www.vaccinateforauckland.nz). To see which sites are accessible, use the filters on the website map or check [www.BookMyVaccine.nz](http://www.BookMyVaccine.nz).

## Still have concerns?

If you still have concerns about getting vaccinated, talk to your GP. Or contact the Personal Advocacy and Safeguarding Adults Trust (PASAT). They provide a free service to support disabled people with their decision-making about COVID-19 vaccination. Call 0800 728 7878 or go to: [www.advocacy@PASAT.org.nz](mailto:www.advocacy@PASAT.org.nz).

## Free taxi service until Christmas

If you need it, there is a free taxi service to help you get to and from a vaccination provider for your first or second COVID-19 vaccination. Call 0800 28 29 26 or email [nrhccvaxenquiries@adhb.govt.nz](mailto:nrhccvaxenquiries@adhb.govt.nz).

## In-home vaccination

If you're unable to leave your house, call 0800 28 29 26 or email [nrhccvaxenquiries@adhb.govt.nz](mailto:nrhccvaxenquiries@adhb.govt.nz) to book an in-home vaccination.

## Third primary dose for severely immunocompromised people

Severely immunocompromised people may need a third dose. This is different to a booster dose and must be prescribed by your GP. Talk to your GP if you think you might be eligible.

## Pop-up vaccination events

Date	Time	Address
Friday 10 December	10am to 4pm	Southseas Healthcare and Te Roopu Waiora Trust- Ōtara Vaccination Centre, MIT Ōtara Campus, Gate A, 5 Otara Road, Ōtara.
Saturday 11 December	9am-5pm	The Fono - Trust Stadium carpark, 65-67 Central Park Drive, Henderson.
Saturday 11 December	8.30am-5pm	The Fono – Mega Vax Pacific - Tuingapapai Church carpark, 143 Favona Road, Favona.
Saturday 11 December	10am to 4pm	Southseas Healthcare and Te Roopu Waiora Trust- Drive through at Ōtara Town Centre Carpark. Newbury Street entrance.

### Prefer AstraZeneca?

If you're aged 18 or over you can book to receive the AstraZeneca vaccine at one of the vaccination sites offering this vaccine – see [www.vaccinateforauckland.nz](http://www.vaccinateforauckland.nz).

To book, go to: [www.BookMyVaccine.nz](http://www.BookMyVaccine.nz).

### Booster doses

If you had your second COVID-19 vaccination more than 6 months ago and you're aged 18 or over, you're now eligible for a booster dose. These are available at all vaccination locations.

### My Vaccine Pass

Most places will require My Vaccine Pass to enter. Pharmacies and GP clinics providing COVID-19 vaccinations can print your My Vaccine Pass for free.

Thank you for helping to protect yourself, your whānau and our community from COVID-19.

Ngā mihi

The NRHCC Auckland Vaccination Programme Team

## Kia ora Social Housing Providers, Tāmaki Makaurau!

Thank you for your amazing mahi this year in helping to protect our communities from COVID-19. We hope you enjoy a very well deserved rest over the Christmas break.

As we head into the holiday period, here's an end of year update from the NRHCC COVID-19 Vaccination Programme Team.

### Outreach vaccination

Our outreach vaccination teams are taking a break over Christmas. They're operating until 23 December and will restart on 5 January 2022. They will be back in the New Year to continue vaccinating, including providing booster doses and immunising children aged 5 to 11-years-old, if given Cabinet approval.

We look forward to working with you to design the best programme for your tamariki.

If you have a client or residence needing support to get vaccinated, email [nrhccoutreach@adhb.govt.nz](mailto:nrhccoutreach@adhb.govt.nz) to request a visit for the New Year.

Please do not give this email address to clients and be aware, the inbox will not be monitored during the close down period.

Some outreach teams also provide surveillance COVID-19 testing and hepatitis C testing. If you would like access to these services, please request this in your email.

### Vaccination providers

Many community Vaccination Centres and other COVID-19 vaccination providers, such as GP clinics and pharmacies, are closing for the Christmas break – see here for where to get vaccinated over the Christmas holidays: [www.vaccinateforauckland.nz](http://www.vaccinateforauckland.nz).

### Free taxi service

There's a free taxi service to help people get to and from a COVID-19 vaccination provider for their first and second dose. This service runs until 24 December. To book, call 0800 28 29 26 or email [nrhccvaxenquiries@adhb.govt.nz](mailto:nrhccvaxenquiries@adhb.govt.nz) before then.

### My Vaccine Pass

Most places require a My Vaccine Pass to enter. Pharmacies and GP clinics providing COVID-19 vaccinations, including the Calder Centre, can print a client's My Vaccine Pass for free.

We appreciate some of the requirements of My Vaccine Pass may create barriers for some clients. We are working with the Ministry of Health to develop a solution to generate passes in bulk for social service providers.

### Got questions?

Call the COVID-19 Vaccination Healthline on 0800 28 29 26.

# Providing other vaccinations at the same time as a COVID-19 vaccination

## Information for clinicians

### Providing the COVID-19 vaccination to all eligible patients is a priority.

But it's also important they are up to date with all their other vaccinations as well. Most of these can be provided at the same time as a COVID-19 vaccination (with either the Pfizer or AstraZeneca vaccine) so let's make the most of this vaccination opportunity!

#### Patients may have missed critical vaccinations

Patients and their whānau may have missed having other critical vaccinations, such as:

- **Hapū māmā (pregnant women) vaccinations**, including the Boostrix vaccine and the flu vaccine to help protect mother and pēpē in early life.
- **School or early adult immunisations**, such as the Boostrix, MMR and HPV vaccines, or possibly the MMR catch-up dose or the Meningococcal vaccine.
- **Adult vaccinations**, such as the annual flu vaccine and the Boostrix vaccine

#### Is it safe to co-administer vaccines with the COVID-19 vaccination?

It's safe to provide all other scheduled or catch-up vaccines at same time as COVID-19 vaccinations, except for the Zostavax (shingles) vaccine where a 7-day gap is necessary.

#### Help keep patients fully vaccinated

Please help ensure patients and their whānau are up-to-date on all their vaccinations:

1. Review your current bookings to check to see if a patient is due or eligible for other vaccines. If so, get in contact ahead of their appointment to offer them the additional vaccination/s or review this when they walk in.
2. If you're administering two vaccines or more, you must use one deltoid for the COVID-19 vaccination and the other deltoid for all other vaccines (the vaccination sites must be 2cm). If you're providing four or more vaccines, please call IMAC on 0800 466 863 for advice on placement.
3. If more than one vaccine is provided, the observation time is guided by the recommended time for the vaccine with the longest prescribed observation period. For example, if you're providing a COVID-19 vaccination, which has a 15-minute observation period, and the MMR vaccine with a 20-minute observation time, then a 20-minute observation period applies.
4. Remember to enter the other vaccinations provided in the National Immunisation Register (NIR) and update the patient's contact details or GP details if they have changed.

# Keep up with all your vaccinations

Thank you for choosing to get your COVID-19 vaccination to protect yourself and your whānau from COVID-19.

It's important you and your loved ones are up to date with other vaccinations too. It's easy and safe to get these at the same time as your COVID-19 vaccination.

## Make sure you're fully vaccinated

With the disruptions to normal life caused by COVID-19, you or those in your whānau may have missed out on important vaccinations, such as:

- **Hapū māmā (pregnant women) vaccinations**, including the Boostrix vaccine (Tetanus/Whooping cough) and the flu vaccine to help protect mother and pēpē in early life.

- **School or early adult immunisations**, such as the Boostrix and HPV vaccines, or possibly the MMR catch-up dose or the Meningococcal vaccine.
- **Adult vaccinations**, such as the annual flu vaccine and the Boostrix vaccine at 45 years old.

Most of these vaccines are **free** and can stop you, or those you love, from getting seriously ill and sometimes dying.

You'll find a full list of the vaccines on the New Zealand Immunisation Schedule at [www.health.govt.nz](http://www.health.govt.nz).

## Don't delay

There's no need to wait to get the vaccinations you need. You can get them at same time as your COVID-19 vaccinations, except for the Zostavax (shingles) vaccine where a 7-day gap between this vaccine and the COVID-19 vaccine is necessary.

**Stay safe.** Talk to your healthcare professional to make sure you and your whānau are up to date on all your vaccinations.



[Vaccinateforauckland.nz](http://Vaccinateforauckland.nz)

# Keep up with all your vaccinations

Thank you for choosing to get your COVID-19 vaccination to protect yourself and your whānau from COVID-19. It's important you and your loved ones are up to date with other vaccinations too. It's easy and safe to get these at the same time as your COVID-19 vaccination.

Most Hapū māmā (pregnant women), early adult, school and adult vaccinations are **free** and can stop you, or those you love, from getting seriously ill and sometimes dying.

**Talk to your healthcare professional to make sure you and your whānau have had all the vaccinations you need.**

See the New Zealand Immunisation Schedule at [www.health.govt.nz](http://www.health.govt.nz) for a full list of vaccinations.



[Vaccinateforauckland.nz](http://Vaccinateforauckland.nz)

**COVID-19**

واکسینه نشده اید؟

قبل از اینکه اکلند را ترک کنید، مطمئن شوید که از دواخانه یک تست کووید-19 را گرفته اید.

به حفاظت از کامیونیتی خود کمک کنید

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از اکلند خارج میشوید و سوال دارید؟  
برای توصیه با نمبر تيلفون 08003585433 تماس  
بگیرید

به حفاظت از کامیونیتی خود کمک کنید

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یادتان باشد که تابستان امسال با استفاده از App COVID Tracer به اسکن کردن ادامه بدهید.

به حفاظت از کامیونیتی خود کمک کنید

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ऑकलैंड से बाहर जा रहे हैं?  
एक कोविड -19 तैयारी बैग पैक करें जिसमें  
आपकी दवाएं और अतिरिक्त आपूर्ति हो, यदि  
आपको अलग करने की आवश्यकता हो।

अपने समुदाय की रक्षा करने में मदद करें

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**बीमार महसूस करना?  
परीक्षण करना।  
इस गर्मी में सुरक्षित रहें।**

**अपने समुदाय की रक्षा करने में मदद करें**

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ऑकलैंड से बाहर जा रहे हैं और आपके पास  
प्रश्न हैं?

कोविड-19 सलाह के लिए 0800 358 5433 पर  
कॉल करें।

अपने समुदाय की रक्षा करने में मदद करें

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**इस गर्मी में कोविड ट्रेसर ऐप का उपयोग  
करते हुए स्कैन करते रहना याद रखें**

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**ऑकलैंड से बाहर जा रहे हैं?  
अपना वैक्सीन पास या नेगेटिव टेस्ट अपने  
साथ ले जाना सुनिश्चित करें।**

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टीका नहीं लगाया गया?  
ऑकलैंड छोड़ने से पहले सुनिश्चित करें कि आप  
फार्मैसी से कोविड -19 परीक्षण करवाएं।

अपने समुदाय की रक्षा करने में मदद करें

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ਆਕਲੈਂਡ ਤੋਂ ਬਾਹਰ ਜਾ ਰਹੇ ਹੋ ਅਤੇ ਕੋਈ ਸਵਾਲ ਹਨ?  
ਕੋਵਿਡ-19 ਸਲਾਹ ਲਈ 0800 358 5433 'ਤੇ ਕਾਲ ਕਰੋ

ਆਪਣੇ ਭਾਈਚਾਰੇ ਦੀ ਸੁਰੱਖਿਆ ਵਿੱਚ ਮਦਦ ਕਰੋ

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**ਬਿਮਾਰ ਮਹਿਸੂਸ ਕਰ ਰਹੇ ਹੋ?  
ਟੈਸਟ ਕਰਵਾਓ।  
ਇਸ ਗਰਮੀ ਵਿੱਚ ਸੁਰੱਖਿਅਤ ਰਹੋ।**

**ਆਪਣੇ ਭਾਈਚਾਰੇ ਦੀ ਸੁਰੱਖਿਆ ਵਿੱਚ ਮਦਦ ਕਰੋ**

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ਇਸ ਗਰਮੀਆਂ ਵਿੱਚ ਕੋਵਿਡ ਟਰੇਸਰ ਐਪ ਦੀ ਵਰਤੋਂ ਕਰਦੇ ਹੋਏ ਸਕੈਨ ਕਰਦੇ ਰਹਿਣਾ ਯਾਦ ਰੱਖੋ

ਆਪਣੇ ਭਾਈਚਾਰੇ ਦੀ ਸੁਰੱਖਿਆ ਵਿੱਚ ਮਦਦ ਕਰੋ

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ਆਕਲੈਂਡ ਤੋਂ ਬਾਹਰ ਜਾ ਰਹੇ ਹੋ?

ਇੱਕ ਕੋਵਿਡ-19 ਦੀ ਤਿਆਰੀ ਵਾਲਾ ਬੈਗ ਪੈਕ ਕਰੋ ਜਿਸ ਵਿੱਚ ਤੁਹਾਡੀਆਂ ਦਵਾਈਆਂ ਅਤੇ ਵਾਧੂ ਸਪਲਾਈ ਹੋਣ ਜੇਕਰ ਤੁਹਾਨੂੰ ਅਲੱਗ-ਥਲੱਗ ਰਹਿਣ ਦੀ ਲੋੜ ਹੈ।

ਆਪਣੇ ਭਾਈਚਾਰੇ ਦੀ ਸੁਰੱਖਿਆ ਵਿੱਚ ਮਦਦ ਕਰੋ

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ਆਕਲੈਂਡ ਤੋਂ ਬਾਹਰ ਜਾ ਰਹੇ ਹੋ?

ਆਪਣੇ ਵੈਕਸੀਨ ਪਾਸ ਜਾਂ ਨਕਾਰਾਤਮਕ ਟੈਸਟ ਨੂੰ ਆਪਣੇ  
ਠਾਲ ਲੈਣਾ ਯਕੀਨੀ ਬਣਾਓ।

ਆਪਣੇ ਭਾਈਚਾਰੇ ਦੀ ਸੁਰੱਖਿਆ ਵਿੱਚ ਮਦਦ ਕਰੋ

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Please let us  
know if you're  
here for the  
**AstraZeneca**  
vaccine



# AstraZeneca vaccine booth

Please let staff know  
if this is not what  
you're expecting



# Pfizer vaccine booth

Please let staff know  
if this is not what  
you're expecting



We provide both  
the AstraZeneca  
and Pfizer  
vaccines here

Please confirm with staff  
which vaccine you're  
expecting to receive

# AstraZeneca registration desk

Please let staff know  
if this is not what  
you're expecting

Please let us  
know if you're  
here for the  
AstraZeneca  
vaccine.



# AstraZeneca vaccine booth.

Please let staff know  
if this is not what  
you're expecting.



# Pfizer vaccine booth.

**Please let staff know  
if this is not what  
you're expecting.**



**We provide both  
the AstraZeneca  
and Pfizer  
vaccines here.**

**Please confirm with staff  
and your vaccinator which  
vaccine you're expecting  
to receive today.**

# AstraZeneca registration desk

Please let staff know  
if this is not what  
you're expecting.

# Get your free COVID-19 booster dose

## A booster dose is recommended after 4 months

Your first two doses of the COVID-19 vaccine will continue to help protect you from getting seriously ill, being hospitalised and possibly dying.

A booster dose increases your protection from COVID-19, including the Omicron variant, and means you are less likely to pass it on to others.

### Who is eligible

Everyone in Aotearoa New Zealand aged 18 and over will become eligible for a booster vaccine dose 4 months after their second dose.

Māori and Pacific peoples, those aged 65 years and over and those with pre-existing conditions are a priority for booster doses due to their higher risk of severe outcomes if they get COVID-19.

Booster doses are mandatory for workforces covered by the COVID-19 Public Health Response (Vaccinations) Order 2021 (Vaccinations Order). This includes the healthcare, disability, border, MIQ, education, corrections, defence and fire and emergency workforces.

### How to get a booster dose

You can get a booster dose by:

- walking into a vaccinating GP clinic or pharmacy that provides a walk-in service – see [www.vaccinateforauckland.nz](http://www.vaccinateforauckland.nz) for details
- booking through [BookMyVaccine.nz](http://BookMyVaccine.nz) or calling 0800 28 29 26
- making an appointment with your GP, if they are vaccinating and have their own booking system.



### Side effects of boosters

Boosters use the same Pfizer vaccine and dose that was used for the first two doses. The side effects of booster doses are similar too. These can include pain, redness or swelling at the injection site, headache, nausea and feeling tired or fatigued.

### Overseas vaccinations

If you had your vaccination overseas, you can get a Pfizer booster 4 months after you received your most recent vaccine. The Pfizer vaccine is the primary vaccine being used in New Zealand for booster doses, even if you had a different vaccine for earlier doses.

### AstraZeneca booster doses

If you would prefer AstraZeneca as a booster dose, a GP visit is necessary as this is currently off-label use of this vaccine and you'll need to obtain a prescription and sign a consent form.

### If you are immunocompromised

The booster is different to the third primary dose recommended for people who are severely immunocompromised. Talk to your GP or specialist if you think you might be eligible for a third primary dose. Eligible people can access a booster dose 4 months after receiving their third primary dose.

### If you are pregnant

The Pfizer vaccine booster dose is recommended if you're pregnant to help protect māmā and pēpi. The booster dose can be given at any stage of pregnancy, at least 4 months after the second dose. Please discuss the timing of a booster with your midwife, obstetrician or GP.

Help keep yourself and your loved ones safe.

Get your free booster dose.

# Get your free COVID-19 booster dose

## A booster dose is recommended after 4 months

Your first two doses of the COVID-19 vaccine will continue to help protect you from getting seriously ill, being hospitalised and possibly dying.

A booster dose increases your protection from COVID-19, including the Omicron variant, and reduces the likelihood of passing the virus on to others.

If you got your second dose more than 4 months ago and you're aged 18 and over, it's time to get your booster dose

Your GP or local pharmacy may be vaccinating – see [www.vaccinateforauckland.nz](http://www.vaccinateforauckland.nz) for locations and booking requirements.



To make a booking, visit [BookMyVaccine.nz](http://BookMyVaccine.nz)  
or call 0800 28 29 26.

# Got your free COVID-19 booster dose yet?

If you had your second dose at least 4 months ago and you're aged 18 or over, it's time to get your booster dose. This is recommended to increase your protection from COVID-19, including the Omicron variant, and reduce the likelihood of passing it on to others.

You can get your booster dose on-site at the **Fergusson COVID-19 portacom** on **Tuesdays between 12.30pm – 7pm** or on **Thursdays between 7am – 1.30pm.**



To book, scan the QR code and enter this access code: **FA4YCFIG1F**. Or call **0800 28 29 26**. Please bring your Ports of Auckland ID with you.

Or visit a walk-in vaccination centre or vaccinating GP or pharmacy – see [www.vaccinateforauckland.nz](http://www.vaccinateforauckland.nz)

# Fact sheet for those who support people who use drugs

It's important to support people who use drugs to get vaccinated against COVID-19. Those who are not vaccinated have an increased risk of getting the virus and are more likely to get seriously ill and possibly die if they get COVID-19.

## **Why do I need to get vaccinated when everyone else is already vaccinated?**

COVID-19 is in our communities and even with a high proportion of fully vaccinated people, the virus can still be passed on. Getting vaccinated is your best protection against getting seriously ill and possibly dying from COVID-19 and you're less likely to pass it on to others.

## **Is it safe to have COVID-19 vaccinations if you use drugs regularly?**

Yes, it's safe to have the COVID-19 vaccinations if you use drugs. Around half of the world's population have had at least one dose of the COVID-19 vaccine, with no specific concerns for people who use drugs regularly.

## **Do I need to provide my personal information or show ID?**

You do not need any identification. You'll just need to give your name and date of birth so your vaccination can be correctly recorded in the COVID Immunisation Register (CIR). Once you've had two doses of the vaccine, you can then get a Vaccine Pass. You'll need this to enter most places.

## **What happens with my personal information?**

Your data is stored and protected under the Privacy Act and Health Information Privacy Code. Only people involved in the vaccination programme and health professions who work with you have access to this information. Your details will not be shared with other agencies, such as the Police.

## **Will the vaccine make me sick?**

You might experience some mild side effects in the days after getting your vaccination, such as pain or swelling at the injection site, feeling tired, a headache or muscle aches. This is common and a sign that your body is learning to fight the virus. The vaccine does not include the live virus so you can't get COVID-19 from the vaccinations. Also, the vaccine will not affect your fertility, your reproductive organs, your unborn baby or your DNA.

## **Can I use drugs after my vaccine?**

Most side effects do not last long and will not stop you from doing the things you normally do. There are no safety concerns with using drugs after being vaccinated.

## **Do I need to say I use drugs when getting my vaccination?**

No, you don't need to say you use drugs. Also, staff won't report you and all your information will remain confidential. It won't be shared with the Police or any other organisations.

**Can I get vaccinated if I'm feeling the effects of drugs?**

If you're feeling particularly affected or unwell then you'll need to delay getting vaccinated until you feel normal again. Remember though, because of your increased risk, as soon as you're feeling better, please get vaccinated.

If you have symptoms of COVID-19, you'll need to get a test and isolate. This is important to help keep yourself and the people around you safe. Knowing you have COVID-19 early on can mean it's easier to get the medical help you need before you get seriously ill.

**I'm getting treatment for Hepatitis C, can I still get the COVID-19 vaccination?**

Yes. There's no evidence that the COVID-19 vaccines have any impact on your Hepatitis C treatment.

**What if I have HIV, can I still get the COVID-19 vaccination?**

Yes, COVID-19 vaccines are safe for people living with HIV. You're more at risk of getting seriously ill from COVID-19 so it's very important to get vaccinated. You may also need a third primary dose of the vaccine, which is recommended for immunocompromised people. The COVID-19 vaccinations will not affect your HIV medication, and the HIV medication is not expected to change the effectiveness of the COVID-19 vaccine.

**Why do I need a second COVID-19 vaccination?**

You get the best protection from COVID-19 after two doses. Please make time to get your second dose 21 days or more after your first dose. Once you've got this, you can get your Vaccine Pass. You'll need this to enter most places. A booster dose 4 months after your second dose is recommended.

**Why do I need a Vaccine Pass?**

To enter most places, you'll need a Vaccine Pass. Some vaccinating GP clinics or pharmacies can help you request and print your Vaccine Pass for free. Check in advance to see if they offer this service. You do not need to show ID but you will be asked some personal details so you can be found in the system.

**Who else can I ask about COVID-19 vaccination?**

If you use a needle exchange or methadone service, talk to the pharmacist. Or call the COVID Vaccination Healthline on **0800 28 29 26**.

When you're ready to get vaccinated, many of these pharmacies offer COVID-19 vaccinations or can direct you to somewhere that does.

The Calder Health Centre, located at the Auckland City Mission at 23 Union Street, also offers COVID-19 vaccinations.

For a full list of GP clinics, pharmacies and vaccination centres providing the COVID-19 vaccination, go to **[www.vaccinateforauckland.nz](http://www.vaccinateforauckland.nz)**.

# Get your free COVID-19 booster dose

## A booster dose is recommended after 6 months

Your first two doses of the COVID-19 vaccine will continue to help protect you from getting seriously ill, being hospitalised and possibly dying.

By having a booster dose you increase your protection from COVID-19 and are less likely to pass this on to others.

Your GP or local pharmacy may be vaccinating – see [www.vaccinateforauckland.nz](http://www.vaccinateforauckland.nz) for locations and booking requirements. To make a booking, go to [BookMyVaccine.nz](http://BookMyVaccine.nz) or call 0800 28 29 26.

See the nearby Vaccination Centres below. For a full list, go to [vaccinateforauckland.nz](http://vaccinateforauckland.nz).

### Central Auckland Vaccination Centres:

Centre	Address	Hours
<b>Auckland CBD Vaccination Centre</b> <i>(site closing 19 December)</i>	35 Graham Street, Auckland CBD	Mon – Fri: 7:00 am – 6:00pm Sat – Sun: 8:00am – 6:00pm
<b>Mt Wellington Vaccination Centre</b>	95 –105 Leonard Road, Mount Wellington	Mon – Fri: 8:00am – 7:00pm Sat – Sun: 8:30am – 3:00pm
<b>Epsom Vaccination Centre</b> <i>(site closing 19 December)</i>	382 Manukau Road, Epsom	Mon – Fri: 8:00am – 3:00pm Sat – Sun: 8:00am – 3:00pm
<b>Tāmaki Vaccination Centre</b>	261 Morrin Road, St Johns	Mon – Fri: 8:00am – 3:30pm Sat – Sun: Closed

### South Auckland Vaccination Centres:

Centre	Address	Hours
<b>Manurewa Marae Vaccination Centre</b>	81 Finlayson Ave, Clendon Park, Manukau	Mon – Fri: 9:00am – 3:00pm Sat: 09:00 – 12:00   Sun: Closed
<b>Airport Park and Ride Drive Through Vaccination Centre</b>	42 Verissimo Drive, Māngere	Mon – Fri: 8:30am – 6:00pm Sat: 8:00 – 6:00pm   Sun: 8:30 – 6:00pm
<b>Takanini Vaccination Centre</b> <i>(Walk-in and drive-through available)</i>	8 Great South Road, Takanini	Mon – Fri: 11:00am – 6:30 pm Sat – Sun: 8:30am – 3:00pm
<b>Ōtara Vaccination Centre</b>	5 Ōtara Road, Ōtara	Mon – Fri: 8:00am – 3:30pm Sat – Sun: 8:00am – 3:30pm
<b>Papakura Marae Drive Through Vaccination Centre</b>	29 Hunua Road, Papakura	Mon – Fri: 10:00am – 5:00pm Sat – Sun: Closed

# Boost your immunity



Had your second COVID-19 vaccination  
more than 6 months ago?

You can get your booster dose here.

# Boost your immunity



Had your second COVID-19 vaccination  
more than 4 months ago?

You can get your booster dose here.

# Boost your immunity



Had your second COVID-19 vaccination  
more than 6 months ago?

You can get your booster dose here.

# Boost your immunity



# Boost your immunity



# Boost your immunity



# Auckland, thanks for taking your shot!



## Meri Kirihimete

# ကိုဗစ်-၁၉ (COVID -19) ကာကွယ်ဆေးထိုးခြင်း အချက်အလက်များ ရယူပါ

ဖိုင်ဇာ ကိုဗစ်-၁၉ (Pfizer COVID-19 ) ကာကွယ်ဆေး  
မှ သင်နှင့် သင့် မိသားစုကို မည်သို့ကာကွယ်ပေးပုံနှင့်  
ပတ်သက်ပြီး သင် သိသင့်  
သော အချက်အလက်များ  
အား ဒီမှာရှင်းပြထားသည်။

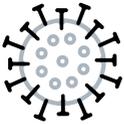


# ဖိုင်ဇာ (Pfizer) ကာကွယ်ဆေး နှင့်ပတ်သက်သော သိထားရမည့်အချက် အဓိက ၁၀ ချက်

- 1 ကိုဗစ်၁၉ ကာကွယ်ဆေးများသည် အကောင်းဆုံးလေ့လာစမ်းသပ်ထားသော ကာကွယ်ဆေးများအဖြစ် ရှိနေပြီဖြစ်ပါသည်။
- 2 ဖိုင်ဇာ (Pfizer) ကာကွယ်ဆေးသည် ကောင်းမွန်၍ ဘေးကင်းမှုရှိသော ကာကွယ်ဆေးအဖြစ် မှတ်တမ်းတင်ခြင်းခံရပြီး ကမ္ဘာတစ်ဝှမ်းတွင် သန်းပေါင်းများစွာသော ဖိုင်ဇာ ကာကွယ်ဆေးများကို ထိုးပေးပြီးဖြစ်ပါသည်။
- 3 ဘေးထွက်ဆိုးကျိုးအများစုသည် ပြင်းထန်မှုမရှိဘဲ ခဏအတွင်းသက်သာပျောက်ကင်းနိုင်ပါသည်။ ကိုဗစ်၁၉ ကြောင့် ခံစား ဆုံးရှုံးမှုများသည် ပိုမိုပြင်းထန်ပြီး ရေရှည်ခံစားရနိုင်သည်။\*
- 4 အပြင်းစား ဓာတ်မတည့်ခြင်း (သို့မဟုတ်) နှလုံးရောင်ရမ်းခြင်းကဲ့သို့ ပိုမိုပြင်းထန်သော ဘေးထွက်ဆိုးကျိုးအချို့ ရှိသော်လည်း အလွန်ဖြစ်ခဲပါသည်။ ကာကွယ်ဆေးထိုး ပြီးပြီးချင်း သို့မဟုတ် နောက်နေ့တွင်၊ အသက်ရှူရခက်ခြင်း၊ နှလုံးခုန်မြန်ခြင်း၊ ရင်ဘတ်အောင့်ခြင်း သို့မဟုတ် မူးလဲခြင်း ဖြစ်ပါက ချက်ချင်းဆေးကုသမှုခံယူသင့်ပါသည်။
- 5 ကာကွယ်ဆေးသည် သင်၏ မျိုးဗီဇ ဒီအန်အေ (DNA) ကို မထိခိုက်စေနိုင်ပါ။
- 6 အင်္ဂလန်မှ အချက်အလက်များအရ (Pfizer) ဖိုင်ဇာ ကာကွယ်ဆေး နှစ်ကြိမ်ထိုးခြင်းဖြင့် ကိုဗစ်၁၉ (Delta) ဒယ်တာ မျိုးကွဲကို ကာကွယ်တိုက်ခိုက်ရန် လွန်စွာထိရောက်မှုရှိကြောင်း ပြသခဲ့သည်။
- 7 ကမ္ဘာတစ်ဝှမ်းမှအချက်အလက်များအရ ကိုယ်ဝန်ဆောင်မိခင်များအား ကိုဗစ်၁၉ ကာကွယ်ဆေးထိုးပေးခြင်းနှင့် ပတ်သက်ပြီး စိုးရိမ်ရန် မရှိကြောင်း တွေ့ရှိရသည်။
- 8 နို့တိုက်နေသော အမျိုးသမီးများသည် ကိုဗစ်၁၉ ကာကွယ်ဆေးကို ဘေးကင်းစွာ ထိုးနိုင်ပါသည်။ မိခင်တို့သည် သူတို့၏ ရောဂါခုခံနိုင်သော ပဋိပစ္စည်း (Antibodies) ကို ကလေးနှင့် မျှဝေနိုင်ဖွယ်ရှိသည်။
- 9 ကလေး ရရန်အတွက် ကြိုးစားနေချိန်တွင် ကာကွယ်ဆေးကို ဘေးကင်းစွာ ထိုးနိုင်ပါသည်။
- 10 ကာကွယ်ဆေး မှထိရောက်စွာ ကာကွယ်မှုပေးနိုင်ရန် ကာကွယ်ဆေးနှစ်ကြိမ် ထိုးရန် လိုအပ်သည်။

# ကာကွယ်ဆေးက ဘယ်လိုအလုပ်လုပ်လဲ။

သင်ရရှိမည့် ကာကွယ်ဆေးကို (Pfizer/ BioNtech) ဖိုင်ဇာ/ဘိုအိုအန်တက် ကုမ္ပဏီမှ ထုတ်လုပ်သည်။ ၎င်းတွင် ဗိုင်းရပ်စ်၏ အစိတ်အပိုင်းများ မပါဝင်ပါ။ သင်သည် ကာကွယ်ဆေး ထိုးခြင်းကြောင့် ကာကွယ်ဆေးမှ ကိုဗစ်ဇာ ရောဂါ မကူးစက်နိုင်ပါ။ သင့်ကိုကာကွယ်ဖို့ ကာကွယ်ဆေးက ဘယ်လိုအလုပ်လုပ်လဲ။



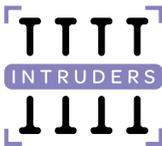
## ပို့သည်

ကာကွယ်ဆေးသည် သင့်ခန္ဓာကိုယ်မှ ကိုဗစ်ဇာ ဗိုင်းရပ်စ်ကို မည်သို့တိုက်ဖျက်ရမည်ကို သင်ကြားနိုင်ရန် ညွှန်ကြားချက် တစ်စုံပေးပို့ပါသည်။



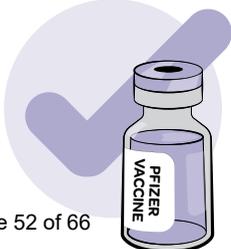
## သင်ယူသိရှိ

ဤညွှန်ကြားချက်များဖြင့် သင့်ခန္ဓာကိုယ်သည် သင်ယူသိရှိ၍ (COVID-19) ကိုဗစ်ဇာ ဗိုင်းရပ်စ်ကို သတိပြုမှတ်မိနိုင်ပြီး ၎င်း အားဆန့်ကျင်သည့် ရောဂါခုခံနိုင်သော ပဋိပစ္စည်းများကို အသုံးပြုနိုင်သည်။ ရောဂါခုခံနိုင်သော ပဋိပစ္စည်း (Antibodies) များသည် ဗိုင်းရပ်စ်ပိုးများ သင့်ဆဲလ်များသို့ကူးစက်ခြင်းမှ ရပ်တန့်စေပြီး ဗိုင်းရပ်စ်ပိုးများကို သတ်ရန် ကူညီပေးသည်။



## ကာကွယ်

ဆိုလိုသည်မှာ သင်သည် အနာဂတ်တွင် ကိုဗစ်ဇာ ဗိုင်းရပ်စ်နှင့် ထိတွေ့မိပါက သင့်ခန္ဓာကိုယ်ထဲတွင် မိမိကိုယ်ကို ကာကွယ်ရန် မှန်ကန်သောပစ္စည်းကိရိယာများ (ရောဂါခုခံနိုင်သောပဋိပစ္စည်းများ) ရှိမည်ဖြစ်သဖြင့် နေမကောင်း ဖြစ်နိုင်ခြေနည်းပါသည်။



\*To learn more about possible side effects from the Pfizer vaccine go to: [covid19.govt.nz/vaccine-side-effects](https://covid19.govt.nz/vaccine-side-effects)

# ကာကွယ်ဆေးကို ဘယ်လောက်မကြုံမကြုံ ဘယ်လို တီထွင်ခဲ့သလဲ။

## တကမ္ဘာလုံးဆိုင်ရာ ပူးပေါင်း ဆောင်ရွက်မှု

ကာကွယ်ဆေးကို ကမ္ဘာတစ်ဝှမ်းမှ သိပ္ပံပညာရှင်များနှင့် အစိုးရများ စည်းလုံး ညီညွတ်စွာ တီထွင်ထုတ်လုပ်ခြင်းသည် ပထမဆုံးအကြိမ်ဖြစ်သည်။ ဤတကမ္ဘာ လုံးဆိုင်ရာ ပူးပေါင်းဆောင်ရွက်မှုသည် ကာကွယ်ဆေးများကို အလွန်လျင်မြန် စွာ တီထွင်ထုတ်လုပ်နိုင်သည်ဟု ဆိုလို သော်လည်း လိုအပ်သောလုပ်ငန်းစဉ်များ တွင် ဖြတ်လမ်းများမပါဘဲ (သို့မဟုတ်) ဘေးကင်းမှုကို ထိခိုက်မှုမရှိစေဘဲ ကာကွယ် ဆေးများထုတ်လုပ်နိုင်ခဲ့သည်။

## သုတေသီများ က ဦးဆောင်စတင်ခဲ့ သည်။

အမ်အာအန်အေ (mRNA) ကာကွယ်ဆေး ထုတ်လုပ်ခြင်းသည် နည်းပညာအသစ် မဟုတ်ပါ။ ရာသီတုပ်ကွေးကာကွယ်ဆေး ကဲ့သို့သော အခြားကာကွယ်ဆေးများ

ထုတ်လုပ်မှု အပါအဝင် ဆယ်စုနှစ်တစ် ခုကျော်ကြာအောင် လေ့လာထားပြီးဖြစ် ပါသည်။

## အကန့်အသတ်မရှိ သောအရင်းအမြစ် များ

ဤကာကွယ်ဆေးကို တီထွင်ထုတ်လုပ်ရန် ငွေကြေးနှင့် အချိန်များစွာ သုံးစွဲခဲ့သည်။

## ဖြတ်လမ်းများမလိုက်ခဲ့ပါ

သုတေသန ဖွံ့ဖြိုးတိုးတက်မှု အဆင့် အသီးသီးသည် တစ်ချိန်တည်းတွင် ဖြစ်ပေါ်ခဲ့ပါသည်။



ကိုဗစ်ဇာဇ ကာကွယ်ဆေးသည် အခြားသော ကာကွယ်ဆေး များကဲ့သို့ တူညီသော သုတေသနအဆင့်များအားလုံးကို ဖြတ်သန်းခဲ့ပြီးဖြစ်သည်။

# ကာကွယ်ဆေးသည် ကျွန်ုပ်အား ကိုဗစ်ဇာ ဟု ကာကွယ်ပေး မည်ကို ကျွန်ုပ်တို့ မည်သို့သိနိုင် မည်နည်း။

## ဆေးဘက်ဆိုင်ရာလက်တွေ့စမ်းသပ်မှု

ဖိုင်ဇာ (Pfizer) ကာကွယ်ဆေးသည် လူ  
ပေါင်း 40,000 ကျော်ဖြင့် လပေါင်း  
များစွာ ဆေးဘက်ဆိုင်ရာလက်တွေ့  
စမ်းသပ်စစ်ဆေးမှုများ ပြုလုပ်ပြီးမှ ၎င်း  
ကာကွယ်ဆေးကို အသုံးပြုရန် အတည်ပြု  
ခဲ့ခြင်းဖြစ်၍ ဖိုင်ဇာ ကာကွယ်ဆေးသည်  
ရလဒ်ကောင်းမည်ဟု ကျွန်ုပ်တို့ သိပါသည်။  
ဆေးဘက်ဆိုင်ရာစမ်းသပ်မှုများလုပ်ရာတွင်  
ကာကွယ်ဆေးထိုးထားသော အုပ်စု၏ရလဒ်  
များကို placebo (ကာကွယ်ဆေးမဟုတ်  
သော - ဆားဖျော်ရည်) ထိုးသော အခြား  
အုပ်စုနှင့် နှိုင်းယှဉ်ပါသည်။

လက်တွေ့စမ်းသပ်မှုများတွင်  
(Pfizer) ဖိုင်ဇာကာကွယ်ဆေး  
သည် ကိုဗစ်ဇာ ၏လက္ခဏာ  
များကို 95% ကာကွယ်မှု  
ပေးသည်ကိုတွေ့ရှိခဲ့သည်။

ကာကွယ်ဆေးနှစ်ကြိမ် ထိုး  
ခြင်း သည် ဒယ်တာ မျိုးကွဲ၏  
ရောဂါလက္ခဏာများကို ကာ  
ကွယ်ရာတွင် အလွန်ထိရောက်  
ပြီး အထူးသဖြင့် ဆေးရုံတက်  
ရန် လိုအပ်သော ပြင်းထန်သော  
နေမကောင်းဖြစ်ခြင်းမှ ကာ  
ကွယ်နိုင်သည်။

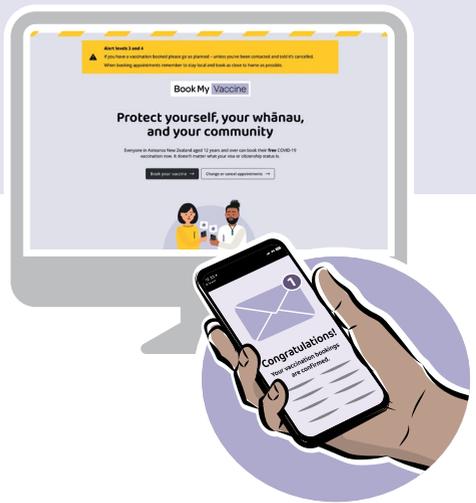
## လက်ရှိတွင်ဖြစ်ပျက်နေသော သတင်း အချက်အလက်များ

ကာကွယ်ဆေးသည် ဒယ်တာ မျိုးကွဲ  
အတွက် အလွန်ထိရောက်ကြောင်း  
အထောက်အထားများအရ သက်သေပြ  
သည်။  
ဒယ်တာ မျိုးကွဲကို ကာကွယ်ဆေးထိုးထား  
သူ လူအနည်းငယ် ကူးစက်ခံရ ရာတွင်  
ရောဂါပြင်းထန်မှု နှ့်၍ ရောဂါလက္ခဏာ  
အပျော့စားများကိုသာ ခံစားရလေ့ရှိ  
ကြောင်း အထောက်အထားများ ကလည်း  
ပြသခဲ့သည်။

# ကိုဗစ်-၁၉ ကာကွယ်ဆေးကို ဘယ်လို ရရှိနိုင်မလဲ။

နေထိုင်မှုဗီဇ အဆင့်အတန်းမခွဲခြားဘဲ အသက် 12 နှစ်နှင့်အထက် လူတိုင်း အတွက် အခမဲ့ ကာကွယ်ဆေးထိုး ပေးမည် ဖြစ်သည်။

ကျွန်ုပ်တို့၏စင်တာများတွင် ကာကွယ်ဆေးထိုးရန် ကြိုတင်စာရင်းသွင်းရန် မလိုအပ်ပါ။ သင့်မိသားစုနှင့် အတူ သင်တို့ရပ်ကွက် ကာကွယ်ဆေးထိုးစင်တာများသို့ စင်တာဖွင့်ချိန်တွင် တန်းသွားနိုင်ပါသည်။ သင့်ဒေသခံ ဆေးခန်း (GP) သို့မဟုတ် ဆေးဆိုင်တွင် ကာကွယ်ဆေးထိုးပါက ကြိုတင်စာရင်းသွင်းရန် လိုအပ်နိုင်ပါသည်။



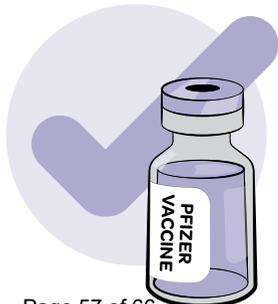
# කෝවිඩ්-19 එන්නත්කරණය තොරතුරු ලබා ගන්න

ඔබව සහ ඔබේ පවුලේ උදවිය ආරක්ෂා කර ගැනීම සඳහා Pfizer කෝවිඩ්-19 එන්නත වැඩි කරන ආකාරය පිළිබඳ ඔබ දැනගත යුතු තොරතුරු මෙන්න.



# Pfizer එන්නත පිළිබඳ අන්ර්ෂනම සාක්ෂි 10

- 1 කෝවිඩ්-19 එන්නත් යනු මෙතෙක් නිපදවා ඇති හොඳින්ම පර්යේෂණය කළ එන්නත් වර්ගයයි.
- 2 Pfizer එන්නත සතුව හොඳ ඵලදායී ආරක්ෂණ වාර්තාවක් ඇති අන්ර් ලෝකවිශාජ්ච මාන්රා මිලියන ගණනක් ලබා දීමෙන් පසු එය ඵලදායී බවටද සනාථ වී ඇත.
- 3 අන්රුඵලවලින් විශාල බහුන්රය සුඵ සහ කෙටිකාලීන ලක්ෂණ වේ. කෝවිඩ්-19 මගින් ඇති කරන ලද හානිය සැලකිය යුතු තරමින් බරපතල සහ දිගුකාලීන වෙයි.\*
- 4 සමහරක් අන්රුඵල වඩාත් බරපතල වනමුත් නද අසාත්මිකතාවක් හෝ හාදය වස්තුවේ ඉදිමීමක් වැනි ඉතා දුර්ලභ ලක්ෂණ පහළවීමක් වේ. එන්නත්කරණයෙන් පසු වහාම හෝ දින කිහිපය තුළ ඔබට හුස්ම ගැනීමේ අපහසුව, වැඩි හාදස්පත්දනය , පපුවේ වේදනාව හෝ කලාන්ත ගතිය ඇති වේනම්, ඔබ වෛද්‍ය අවධානය සෙවිය යුතුය.
- 5 එන්නත ඔබේ මානව ජාන සංයුතියට බලපෑම් නොකරයි.
- 6 ඵංගලන්තයෙන් එන දන්ත මගින් Pfizer මාන්රා දෙකක් ධෙල්ටා ජර්භේදය සදහා ඉහළ ඵලදායකත්වයක් පෙන්වයි.
- 7 ලොවපුරා විවිධ නැත්වලින් ලැබෙන දන්ත මගින් ගර්භණී මානාවන්ට කෝවිඩ්-19 එන්නත් ලබා දීමේ ආරක්ෂාව පිළිබඳ ගැටලු ලබාදීම පිළිබඳව ආරක්ෂක සැලකිලි කිසිවක් නොපෙන්වයි.
- 8 කිරිදෙන මව්වරුන්ට ආරක්ෂිතව කෝවිඩ්-19 එන්නත් ලබාගත හැකිය. ඔවුන් සිය ජර්නිදේහ බිලීදාට ද ලබා දීමට ඉඩ තිබේ.
- 9 ඔබ බිලීදෙකු ලබා ගැනීමට උත්සාහ කරමින් සිටින්නේ නම්, ඔබට ආරක්ෂිතව එන්නත ලබාගත හැකිය.
- 10 උපරිම ආරක්ෂාව සදහා එන්නතෙහි මාන්රා දෙකක් ලබා ගැනීම අවශ්‍ය වේ.



\*To learn more about possible side effects from the Pfizer vaccine go to: [covid19.govt.nz/vaccine-side-effects](https://covid19.govt.nz/vaccine-side-effects)

# එන්නත ක්රියා කරන්නේ කෙසේද?

ඔබ ලබන එන්නත Pfizer/ BioNtech විසින් නිපදවනු ලබන්නකි. එහි වෛරසයෙහි කිසිදු කොටසක් අඩංගු නොවේ. එන්නත නිසා ඔබට කෝවිඩ්-19 වැළඳීමේ හැකියාවක් නැත. ඔබව ආරක්ෂා කරනු පිණිස එය ක්රියා කරන ආකාරය මෙයයි.

 <p><b>යැවීම</b></p> <p>කෝවිඩ්-19 වෛරසය හා සටන් කිරීමට ඔබගේ ගර්ථයට උගන්වනු පිණිස එන්නත විසින් උපදෙස් කට්ටලයක් යවයි.</p>	 <p><b>ඉගැන්වීම</b></p> <p>මෙම උපදෙස් මගින් ඔබගේ ගර්ථය කෝවිඩ්-19 වෛරසය හඳුනා ගැනීමට සහ ඊට එරෙහිව ප්රතිදේහ භාවිත කිරීමට ඉගෙන ගනී. ප්රතිදේහ මගින් වෛරසය ඔබේ ගර්ථයේ සෛලවලට ආසාදනය වීම නතර කරන අතර ඒවා මරා දැමීමට උපකාරී වෙයි.</p>	 <p><b>සුරැකීම</b></p> <p>එහි අර්ථය ඔබට අනාගතයේ දී කෝවිඩ්-19 ගර්ථගත වුවත් ඔබගේ ගර්ථය සතුව ඊට එරෙහිව ක්රියා කිරීමට නිවැරදි මෙවලම් පවතින බැවින්</p>
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# මෙතරම් ඉක්මනින් එන්නත සංවර්ධනය කර ගන්නේ කෙළෙසේද?

## ගෝලීය සහයෝගීතාව

එන්නතක් සංවර්ධනය කිරීම සඳහා ලොවපුරා විද්යාඥයන් සහ ආණ්ඩු එකමුතු වූ පළමු අවස්ථාව මෙයයි. මෙම ගෝලීය සහයෝගීතාවේ අදහස එන්නත් ඉතා ක්ෂණිකව සංවර්ධනය කළ නමුත් ඊට අවශ්ය වන ක්රියාවලි හෝ ආරක්ෂාව අවධානයේ හෙළිම සඳහා කෙටි මාර්ග අනුගමනය නොකළ බවයි.

## අසීමිත සම්පත්

මෙම එන්නත සංවර්ධනය කිරීමේ දී විශාල මුදලක් සහ කාලයක් වැය කර ඇත.

## කෙටි මාර්ග නැත

පර්යේෂණ සංවර්ධනයේ විවිධ අදියර එම අවස්ථාවේදීම ඉටු කරන ලදී.



## පර්යේෂකයන් ප්රධාන ආරම්භක අවස්ථාව ලබා ගන්නේය.

mRNA එන්නත නව තාක්ෂණයක් නොවන අතර සෘතු සංවේදී ප්රතිශයා එන්නත සංවර්ධනය කිරීම ද ඇතුළුව, දශකයකට වැඩි කාලයක් අධ්යයනය කර තිබේ,

**අනෙකුත් එන්නත් පරිදිම කෝවිඩ්-19 එන්නත ද එම සියලුම පර්යේෂණ පියවර පසුකර ආ එකකි.**

# කෝවිඩ්-19 ට එරෙහිව එන්නත මාව ආරක්ෂා කරන්නේද යන්න අප දැන ගන්නේ කෙසේද?

## සායනික පරීක්ෂණ

Pfizer එන්නත භාවිතය සඳහා අනුමත කිරීමට පෙර 40,000කට වැඩි පුද්ගලයින් සංඛ්‍යාවක් සමග මාස ගණනක් සායනික පරීක්ෂණ ඔස්සේ එය ගමන් කර ඇති බව අපි දනිමු. එන්නත්කරණයට බඳුන් කළ කණ්ඩායමේ පරනිවැල (placebo) ලුණු දියරයක් ලබා දුන් පාලිත පරීක්ෂණ කණ්ඩායමක පරනිවැල සමග සත්සන්දනය කරන ලදී.

එම සායනික පරීක්ෂණවලදී Pfizer එන්නත කෝවිඩ්-19 හි රෝගලක්ෂණ වලට එරෙහිව 95%ක ආරක්ෂාවක් සපයන බව තහවුරු කර ගන්නා ලදී.

ඩෙල්ටා රෝග ලක්ෂණවලට එරෙහිව ආරක්ෂාවේ දී සහ, විශේෂයෙන් රෝහල්ගතවීම අවශ්‍ය කරන බරපතල තත්ත්වයේ දී එන්නතෙහි මාන්රා දෙකක් ඉනාමත් ඵලදායක බව සනාථ විය.

## ලෝක තත්කාල දත්ත

සාක්ෂි මගින් තහවුරු වූයේ එන්නත ඩෙල්ටා ප්රභේදයට එරෙහිව අතිශයින් ඵලදායක බවයි. ඩෙල්ටා ප්රභේදයෙන් අසනීපව එන්නත ලබාගත් පුද්ගලයින් කිහිප දෙනෙකුටද ඉනා සුව රෝගලක්ෂණ සහිත රෝග තත්ත්වයක් තුළ පාලනය වීමට හැකි බව ද සාක්ෂි මගින් තහවුරු විය.

# මා කෝවිඩ්-19 එන්නත ලබා ගන්නේ කෙසේද?

අවුරුදු 12ට වැඩි ඕනෑම පුද්ගලයෙකු සඳහා එන්නත ලබා ගැනීම සුදුසු වන අතර මේ සඳහා ඔබේ වීසා තත්ත්වය ගැන නොසැලකේ.

ඔබ අපගේ එන්නත්කරණ මධ්‍යස්ථානවල දී එන්නත ලබා ගැනීමට වෙලාවක් වෙන්කර ගැනීම අවශ්‍ය නොවේ, විවෘතව නැබෙන වෙලාවලදී පයින් එන්න, නැත්නම් පවුලේ උදවිය සමග ධාවනයකින් එන්න. ප්රාදේශීය GP හෝ ඔසුහලකින් එන්නත ලබා ගැනීමට ඔබට වෙලාවක් වෙන්කර ගැනීමලබා අවශ්‍ය වනු ඇත.



# COVID-19 aşısı Gerçekleri öğrenin

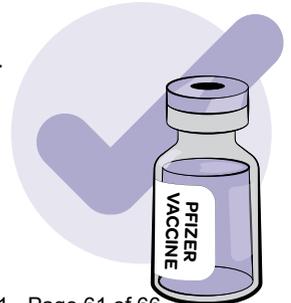
Pfizer COVID-19 aşısının sizi ve \*whānau'nuzu korumak için nasıl çalıştığı hakkında ihtiyacınız olan bilgiler burada.



# Pfizer aşısı hakkında EN İYİ 10 Gerçek

- 1 COVID-19 aşıları, şimdiye kadar yapılmış en iyi çalışılmış aşılardır.
- 2 Pfizer aşısının iyi bir güvenlik kaydı vardır ve dünya çapında milyonlarca doz uygulandıktan sonra etkili olduğu kanıtlanmıştır.
- 3 Yan etkilerin büyük çoğunluğu hafif ve kısa sürelidir. COVID-19'un neden olduğu hasar çok daha ciddi ve uzun süreli olabilir.\*
- 4 Şiddetli alerjik reaksiyon veya kalp iltihabı gibi daha ciddi ancak çok nadir görülen bazı yan etkileri vardır. Aşıdan hemen sonra veya aşıdan sonraki günlerde nefes almada zorluk, kalp çarpıntısı, göğüs ağrısı veya baygınlık hissederseniz, tıbbi yardım almalısınız.
- 5 Aşı, DNA'nızı etkilemez.
- 6 İngiltere'den alınan veriler, iki doz Pfizer aşısının Delta varyantına karşı oldukça etkili olduğunu göstermektedir.
- 7 Dünyanın dört bir yanından gelen veriler, COVID-19 aşısının hamile kadınlara verilmesi konusunda herhangi bir güvenlik endişesi olmadığını göstermektedir.
- 8 Emziren kadınlar COVID-19 aşısını güvenle yaptırabilir. Antikorlarını bebekle paylaşmaları muhtemeldir.
- 9 Bebek sahibi olmaya çalışırken aşığı güvenle yaptırabilirsiniz.
- 10 Maksimum koruma sağlamak için iki doz aşı gerektirir.

\*Pfizer aşısının olası yan etkileri hakkında daha fazla bilgi için adres detayı aşağıdaki gibidir:  
[covid19.govt.nz/vaccine-side-effects](https://covid19.govt.nz/vaccine-side-effects)



# Aşı nasıl çalışır?

Alacağınız aşı Pfizer/BioNtech tarafından yapılmıştır. Virüsün herhangi bir parçasını içermez. Aşıdan COVID-19 kapamazsınız. İşte sizi korumak için nasıl çalıştığı.



## Göndermek

Aşı, vücudunuza COVID-19 virüsüyle nasıl savaşılabileceğini öğretmek için bir dizi talimat gönderir.



## Öğrenmek

Bu talimatlarla vücudunuz COVID-19 virüsünü tanımayı ve ona karşı antikorları kullanmayı öğrenir. Antikorlar, virüsün hücrelerinize bulaşmasını engeller ve onu öldürmeye yardımcı olur.



## Koruma

Bu, gelecekte COVID-19 virüsü ile temasa geçerseniz, vücudunuzun kendini korumak için doğru araçlara sahip olacağı ve böylece hastalanma olasılığınızın daha düşük olacağı anlamına gelir.

# Aşı nasıl bu kadar hızlı geliştirildi?

## Küresel işbirliği

Dünyanın dört bir yanından bilim adamları ve hükümetler ilk kez bir aşı geliştirmek için birleştiler. Bu küresel işbirliği, aşılarda çok hızlı bir şekilde, ancak gerekli süreçlerde herhangi bir kısayol kullanılmadan veya güvenlikten ödün verilmeden geliştirildiği anlamına geliyor.

## Araştırmacılar bir başlangıç yaptı

MRNA aşısı yeni bir teknoloji değildir ve mevsimsel grip aşısı gibi diğer aşılarda geliştirilmesi de dahil olmak üzere on yıldan fazla bir süredir çalışılmaktadır.

## Sınırsız kaynak

Bu aşığı geliştirmek için çok büyük miktarda para ve zaman harcadı.

## Kısayol yok

Araştırma geliştirilmenin çeşitli aşamaları aynı anda gerçekleşti.



**COVID-19 aşısı, diğer aşılarda aynı araştırma adımlarından geçmiştir.**

**Gerçek dünya verileri**

# Aşının beni COVID-19'a karşı koruyacağını nereden biliyoruz?

## Klinik denemeler

Pfizer aşısının işe yaradığını biliyoruz çünkü kullanım için onaylanmadan önce 40.000'den fazla kişiyle aylarca süren klinik testlerden geçti. Klinik deneyler, aşılanmış bir grubun sonuçlarını plasebo (tuz çözeltisi) alan başka bir gruba karşılaştırdı.

Klinik çalışmalarda, Pfizer aşısının COVID-19 semptomlarına karşı %95 koruma sağladığı bulundu.

İki doz aşı, Delta semptomlarına ve özellikle hastaneye yatış gerektiren ciddi hastalıklara karşı korumada çok etkilidir.

## Gerçek dünya verileri

Kanıtlar, aşının Delta varyantına karşı çok etkili olduğunu gösteriyor.

Kanıtlar ayrıca Delta varyantını alan birkaç aylı kişinin daha az semptomla daha hafif bir hastalığa sahip olma eğiliminde olduğunu gösteriyor.

## COVID-19 aşısını nasıl alabilirim?

Her iki aşı dozu için randevularınızı almak için bunu yapmanın en kolay yolu online randevu:

Randevunuzu almak için şu adrese gidin: [BookMyVaccine.nz](https://www.bookmyvaccine.nz)

Aksi takdirde, haftanın 7 günü **0800 28 29 26** (08:00 - 20:00) numaralı telefondan COVID Aşı Sağlık Hattını arayın, rezervasyonları sizin için yapalım ve tüm sorularınızı yanıtlayalım.



**COVID-19**

**Heading out of Tāmaki?  
Pack a COVID-19 prep bag  
Which has your medicines  
& extra supplies in case  
you need to isolate.**

**Do the Mahi. Beat the Virus**

**NORTHLAND DISTRICT  
HEALTH BOARD**

*Te Poari Hauora Ā Rohe O Te Tai Tokerau*



**Waitematā**  
District Health Board

**Best Care for Everyone**



**AUCKLAND**  
DISTRICT HEALTH BOARD  
*Te Toka Tumai*



**COUNTIES  
MANUKAU**  
HEALTH

**COVID-19**

**Heading out of Tāmaki?  
Make sure to take  
your vaccine pass  
or negative test with you.**

**Do the Mahi. Beat the Virus**

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**COUNTIES  
MANUKAU**  
HEALTH

**COVID-19**

**Unvaccinated?**

**Make sure you get a  
COVID-19 test from the  
Pharmacy before you  
leave Auckland.**

**Do the Mahi. Beat the Virus**

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