

# TE ARAWA COVID-19 RESPONSE

## FACT SHEET

COVID-19 is a virus which can affect your lungs and airways. It is caused by a type of coronavirus. It can cause serious harm and death and we know that it spreads very quickly between people and can be caught from some surfaces.

We know Māori are particularly vulnerable to COVID-19 - getting the vaccine is the best way to protect yourself, your whānau, our community and especially those who may not be able to be immunised due to underlying health reasons.

- Like colds and flu, COVID-19 can be spread from person to person by droplets when an infected person coughs, sneezes or talks. The droplets are too big to stay in the air for long, so they quickly settle on surrounding surfaces. People can get infected by the virus if they are in the path of the droplets, or if they touch those surfaces then touch their mouth, nose or eyes.

There are simple steps you can take to protect you and your whānau;

- Use good hygiene, regularly wash and thoroughly dry your hands, and use good coughing and sneezing practices (like using your elbow, not your hands, and disposing tissues). Washing your hands with soap breaks down the surface coating of the virus and damages it so that it can't spread.
- Get vaccinated with the [Medsafe](#) approved, Pfizer COVID-19 vaccination. The vaccine is extremely effective at protecting against the virus, as well as reducing its transmission. Getting the vaccine is the best way to protect yourself and your whānau, especially those who may not be able to be immunised due to underlying health reasons.

The vaccination drive across New Zealand will roll out in four phases.

- Group 1 – border and managed isolation and quarantine workforce – those on the frontline protecting our team of 5 million. These vaccinations have already started in Rotorua. This is well underway.
- Group 2 - household contacts of our border and managed isolation and quarantine workforce, frontline healthcare workers and at-risk people living in settings with a high risk of transmission or exposure to COVID-19. These vaccinations have commenced and will include some Te Arawa whānau.
- Group 3 – people who are at higher risk if they catch COVID-19 (people aged over 65, those with relevant underlying health conditions and disabled people). These vaccinations are expected to start in May.

- Group 4 – the remainder of the general population aged 16 and older. We expect these vaccinations to start in July.

There is a lot of information out there – only trust credible sources such as [Ministry of Health](#) and [Unite Against COVID-19](#), as well as information from your doctor or health professional. If you receive a scam or anything that you suspect is a scam i.e communications asking you to pay for a vaccine or to secure your spot, you can report it to [CERT NZ](#) to investigate.