

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.

There is one central vaccination clinic in Rotorua and one in Taupō. The Rotorua clinic is located at Central Mall, next to Noel Leeming. The Taupō central clinic is located at Unit 6, 29 Totara Street, across from the Taupō Hospice Shop.

Collectively we have already run a number of outreach vaccination clinics at marae and community spaces across the rohe. The outreach clinic calendar can be found [here](#).

We are running Te Arawa drive-through clinics. The next clinic is on Sunday 26 and Monday 27 September from 10am to 6pm. Book online [here](#) or just turn up on the day. This is a by Māori, for Māori partnership to help get as many whānau vaccinated as possible.

The drive-through clinic will be at the old Foodstuffs warehouse, 3 Clayton Rd. Bookings are essential – please click the button below to book, or call 0508 TE ARAWA (832 7292)

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.