

Tō Kano Ārai Mate KOWHEORI-19

i Te Taitokerau me Tāmaki Makaurau



He aratohu poto

He toa takitini

E rawaka ana ngā potanga o te kano ārai mate Pfizer mō ngā tāngata katoa mō te 16 tau, neke atu i Aotearoa.

Ko te kaha o te kano ārai mate kei roto i te takitini. Ko te maha rawa atu o tātou ka whiwhi kano ārai mate, ka kaha ake, ka haumaru ake tātou.

Nui ake te kaha. Nui ake te herekore.
Nui ake ngā kōwhiringa.



Kei roto i tēnei pukaiti ko ngā mōhiohio hira māu e pā ana
ki te kano ārai mate Pfizer KOWHEORI-19.

*Ko ngā mōhiohio kei roto i tēnei pukaiti he tāpiritanga
ki ērā ka whiwhi koe mai i Te Manatū Hauora.*



**“Kua tukuna kētia te kano ārai mate Pfizer-BioNTech ki te tini miriona
tāngata puta noa i te ao, ā, kei runga noa atu ngā hua.”**

– Tākuta Nikki Turner Director,
Whakataka, Pokapū Tohutohu Kano Ārai Mate

Te whiwhi i tō kano ārai mate



Ka tirotirohia e mātou tō hauora



Ka tonoa koe ki te waitohu i tētahi puka whakaae kia whiwhi kano ārai mate.

Koinei te wā mōu ki te tuku pātai



Kātahi ka werohia tō ringa e te kaimahi hauora ki te kano ārai mate



Nā, ka āta tirotirohia koe mō te 20 meneti mō te tūpono pā mai o ngā tohumate



Ina kī atu mātou kei te pai koe, ka āhei koe ki te wehe me te haere tonu me ū mahi mō te rā

I muri i tō whiwhi kano ārai mate



Ka tonoa koe ki te whiwhi i tō peta tuarua o te kano ārai mate i te 21 rā i muri i te iti rawa i muri i tō whiwhi i te peta tuatahi



Kia tino whaitake ai te kano ārai mate me mātua whiwhi koe i te potanga tuarua



Kei te takiwā pea o te 7 rā i muri i tō potanga kano ārai mate tuarua ka tino whakamarutia koe mai i te KOWHEORI-19



Mēnā kei te pā tonu mai ngā pānga kino, me kōrero ki tō rata whānau, waea atu rānei ki **Healthline** - 0800 358 5453

Ngā whakamaharatanga hauora KOWHEORI-19

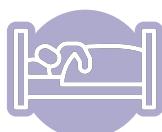
Me mau kōpare koe i runga i ngā ikiiki
tūmatanui katoa



Me whakamahi te taupānga NZ COVID
Tracer hei takiuru ki ngā waitohu;
whakakāngia te Nihokikorangi



Me noho ki te kāinga mēnā kei te māuiui koe



Mēnā he tohumate KOWHEORI-19 ōu,
me whiwhi aromatawai



Me ūkuikui ngā papa katoa ka whakamahia



Me horoi, me patuero rānei ō ringa



Me ārai ngā maremare, matihe hoki



Ngā pānga kino

Pērā i ngā kano ārai mate katoa, ka pā pea he pānga kino. He mea nui kia mōhio koe ehara tēnei i te KOWHEORI-19. Ko te tikanga o tēnei kei te whakapakarihiā tō tinana ki te ārai i te KOWHEORI-19. Mēnā kāore koe i te tino mōhio mō ō tohumate, ka kino haere atu rānei, me kōrero ki tō rata, waea rānei ki Healthline i 0800 358 5453.

| Tō āhua pea | Ka taea te pea te āwhina | Ina tīmata pea tēnei |
|---|---|-------------------------|
| Mamae i te wāhi i werohia, ka ānini te mahunga me te rūhā ngā tino hohenga ka pūrongotia. | Me rau he papanga mātao, mākū, he mōkī tio rānei ki te wāhi i werohia. Me waiho ki reira mō te wā poto. Kaua e muku, e mirimiri rānei i te wāhi i werohia. | I roto i te 6-24 haora. |
| Ka mamae anō pea ū uua, ka īhua māuiui, te hāwiniwini, kirkā, mamae hono me te whakapairuaki (ahakoa ka tino pā mai i muri i te potanga tuarua).* | Me whakatā, ā, kia nui te inu wai. Ka taea te kai paracetamol, te ibuprofen rānei, me whai i ngā tohutohu a te kaiwhakanao. Me rapu tohutohu mai i tō mātanga hauora mēnā ka kino haere atu ū tohumate. | I roto i te 6-48 haora. |

* Tērā pea kāore ēnei tohumate i te pā ki te kano ārai mate, ā, he tohu pea ēnei nō tētahi atu mate kē. Me rapu tohutohu hauora mēnā kei te māharahara koe.

Ngā Tino Pātai mō te Pfizer

He koreutu te whiwhi kano ārai mate?

Āe. Ka whiwhi ngā tāngata katoa i ā rātou kano ārai mate mō te koreutu.

Ko wai ka whiwhi kano ārai mate?

Ka āhei ngā tāngata katoa i Aotearoa te whiwhi kano ārai mate mēnā 16 tau ō rātou tau, pakeke atu rānei. Mēnā he tino mate ū, me kōrero ki tō rata i te tuatahi. Engari, i ia wāhangā o te tuku i te kano ārai mate, ka whiwhi i ētahi rōpū ake te kano ārai mate i ngā wā rerekē.

Ka pēhea aku tamariki kei raro i te 16 tau?

Kāore ngā tamariki i raro i te 16 tau i roto mō tēnei wā. He iti noa ngā raraunga e wātea ana mō tēnei rōpū taipakeke i te mea kāore i uru mai ki ngā whakamātautau haumanu.

Ka āhei ahau ki te whiwhi kano ārai mate mēnā kua pāngia ahau e te KOWHEORI-19 i mua?

Āe. Engari, he mate nui ū nā te KOWHEORI-19, kāore pea koe i te tino pai ki te whiwhi kano ārai mate. Mēnā kāore koe i te mōhio, me tirotiro me tō rata i te tuatahi.

He haumaru te kano ārai mate?

E hia marama e whakamātautautia, e aromatawaitia ana te kano ārai mate Pfizer, i tāwāhi me Aotearoa. E hia tini miriona tāngata puta noa i te ao nō ngā taipakeke rerekē, ira tangata, iwi rerekē hoki kua whiwhi kē i te kano ārai mate, ā, he tino rawe katoa. Kua kitea he haumaru te whakamahi i te kano ārai mate.

He mea ora te kano ārai mate/he wheori kei roto i te kano ārai mate?

Kāo. Kāore e werohia te wheori ki tō tinana; kāore e pā mai te KOWHEORI-19 i te kano ārai mate. Ka whakapiki te kano ārai mate i te pūmahara ārai mate mā te whakakaha i tēnei.

He whaitake anō te kano ārai mate mō te aho KOWHEORI-19 o te UK me Awherika ki te Tonga?

Āe. Kua kitea e ngā whakaaturanga he whakangungutanga kei te kano ārai mate Pfizer mai i ngā aho e rua.

Ka taea te whiwhi ngā kano ārai mate MMR (mate karawaka, repe pupuhi, rūpera hoki) me te whurū (Rewharewha) i mua, i muri i taku whiwhi i te kano ārai mate KOWHEORI-19?

Ko te tūtohu ki a koe mēnā kei te hiahia koe ki te whiwhi i te kano ārai mate MMR i mua, i muri rānei i tō kano ārai mate Pfizer tuarua, me tatari mō te 4 wiki. Mō te kano ārai mate whurū, he 2 wiki. Mēnā e whiwhi ana koe i ētahi atu kano ārai mate i muri i tō whiwhi i te kano ārai mate Pfizer, me otī i a koe i te 2 wiki i muri i tō potanga tuarua. Me kōrero ki tō rata mō tēnei, tētahi atu mātanga hauora rānei i mua i te whiwhi kano ārai mate.

Ka āhei ahau ki te haere ki ngā huihuinga (hei tauira, hui ā-whānau, ngā whakahaere hāhi, ngā hākinakina) ina whiwhi ahau i taku kano ārai mate?

Āe. Kei te pai noa tō haere ki ngā huihuinga nui e ai ki ngā taumata whakatūpato KOWHEORI-19 ā-motu.



Kei te waimarie a Aotearoa kāore i mate ki whakahohoro i te hōrapa i te kano ārai mate nā te whakapau kaha o te iwi whānui ki te ārai atu i te KOWHEORI-19 i te hapori.

Tō kano ārai mate KOWHEORI-19

He mea nui kia whakahaere koe i ō whakaritenga kano ārai mate. Kia maumahara ki ēnei e whai ake:



- 1** Ka tukuna he īmēra tuatahi hei whakarite i tētahi whakaritenga mō ō kano ārai mate.
- 2** Ka whiwhi koe i tētahi īmēra me tētahi patowaea whakamaumahara mō ō kano ārai mate i mua i te wā ka whiwhi koe. (*Kia maumahara: e rua ngā peta me whiwhi koe kia tino whakamarutia koe*).
- 3** Mēnā ka mate koe ki te huri i te rā, te wā, te wāhi rānei mō tō whiwhi kano ārai mate ka taea e koe tēnei mā te Pūnaha Whakarite Kano Ārai Mate, mā te waea rānei ki 0800 28 29 26 (*Tāmaki Makaurau*) or 0800 237 829 (*Te Taitokerau*)
- 4** Ka whiwhi koe i tētahi īmēra me tētahi patowaea hei whakaū i ngā huringa ka oti i a koe.
- 5** Te haere ake ki ō whakaritenga kano ārai mate.

Mō ētahi atu kōrero:

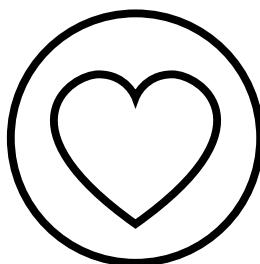
Waea atu ki te Vaccination Helpline:
Tāmaki Makaurau - 0800 28 29 26
Te Tai Tokerau - 0800 237 829

Me kōrero ki tō rata

Haere ki:
immunisation.northernregion.health.nz



Ina rōra tātou i ngā ringa
o ō tātou poraka, kei te
āwhina tātou ki te tiaki i
a tātou katoa.



*Me tiaki ngātahi tonu
tātou i a Aotearoa*