

HEALTH BEAT

SPECIAL EDITION: • COVID-19 Vaccination Update • Waimate vaccinations begin with Group 3 on Monday 31 May • Group 3 • When will I be offered a vaccine?

OUR CHANCE TO

*protect ourselves,
protect our families,
protect our community.*

On Monday 31 May Waimate will host the first rural Group 3 COVID-19 Vaccination clinic in South Canterbury. We caught up with General Practitioner, Dr Sarah Creegan of Waimate Medical Centre to answer a few questions:

How do you know the Pfizer vaccine is safe?

With millions of doses administered across the globe and hundreds of thousands of doses administered here in New Zealand, we know the Pfizer vaccine to be of high quality and very effective.

The development of the vaccine gave the world a common goal. By running phases and manufacturing preparation in parallel the world was able to accelerate the vaccine development time line. This did not compromise vaccine safety or scientific integrity.

We are delighted that New Zealand and now Waimate, has the advantage of access to such a high quality, proven and effective vaccine.

Why is vaccination important?

COVID-19 vaccines are free for everyone in New Zealand regardless of a person's immigration status. Vaccination is the most effective way of protecting our community from this infectious disease. Getting vaccinated not only protects our own health, but also that of our family, friends and community.

Waimate worked well to fight off COVID-19 back in 2020, now we need to make sure it stays out of our community by rallying together supporting the vaccine programme.

Will it hurt?

Vaccinations are over quickly and the friendly team are good at talking you through the moment.

The vaccine is designed to create an immune response from your body so side effects such as tiredness, headache, and muscle pain are common. Medsafe provides a detailed consumer medicine information sheet and also collects and monitors information on vaccine responses.

Where can I find accurate information?

There are really good resources including Frequently Asked Questions available on the covid19.govt.nz/vaccine site. If you want some independent information, the Immunisation Advisory Centre also have a good Q&A section covid.immune.org.nz/. You will also receive information in hard copy with your invitation letter when it is your turn to book your vaccination.



ABOVE: Our receptionist Julie protects herself and those she comes into contact with by having the COVID-19 vaccination.



ABOVE: The friendly vaccinator Maree keeping things light-hearted with Nurse Manager Wendy.



ABOVE: Dr Sarah Creegan contemplates what the vaccination programme will mean for the safety of her team.

Group 3

If you are aged 65 or over, have a relevant underlying health condition, or are disabled look out for an appointment letter in your mailbox.



COVID-19 Vaccination: When will I be offered an appointment?

AIM: The aim is to vaccinate the South Canterbury population over 16 years of age by the end of the year. This is roughly 48,500 people.

Group 1 – now onwards

Border and managed isolation and quarantine (MIQ) workers

Group 2 – now onwards

High-risk frontline workers and people living in high-risk places

Group 3 – May-September

People who are at risk of getting very sick from COVID-19

Group 4 – July-December

Everyone

HOT TIP: Check out the "When can you get a vaccine" tool on the Unite Against COVID-19 website to find out in more detail which group you may be in. covid19.govt.nz/vaccine

