

**“Love your neighbour as yourself”**  
*Arohaina koe ki tōu hoa tata, ānō ko koe*

## Support the COVID-19 vaccination programme

Following the outbreak of COVID-19 in 2020, the Pfizer vaccine is now being offered to members of the public, starting with those most at risk. The New Zealand Catholic Bishops are urging you to get vaccinated to protect yourself, your whanau and your community.

Below are the answers to some **frequently asked questions** about the vaccine.

### 1. Why should I get the vaccine?

COVID-19 is deadly for many people, especially those aged over 70 or those with existing health conditions (see the government's COVID-19 website [here](#))\*.

The Pfizer vaccine has been widely tested and is at least 90% efficient in protecting people from catching the virus.

Taking the vaccine also helps to protect those who are not able to have it because of other health conditions (check with your doctor if you think you fall into this group). So, do it for your whanau and your community.

### 2. Can I still get COVID-19 even if I get vaccinated?

Yes, it is still possible to catch the virus, though the chance of this happening is very small. But having the vaccine will mean that you become less sick.

### 3. I'm young and healthy, why do I need to get the vaccine?

The COVID-19 virus affects all age-groups, including young and fit adults. Young, healthy people have also died from COVID or experienced long term serious health effects.

### 4. Who can get a vaccine and is it free?

The vaccine is free for everyone in New Zealand and is available to those over the age of 16, regardless of visa or citizenship status. The vaccine is still being tested for use in children.

### 5. When I get the vaccine, will the information I give be used for anything else?

No. Any information collected about you, such as your name and medical history, will not be used for any other purpose. This information will not be shared with Immigration New Zealand.

### 6. Is the vaccine safe?

Over 100 million people around the world have already received the Pfizer vaccine. The risk of getting seriously ill from the virus, or dying from it, is much higher than the risk of having an adverse reaction to the vaccine. If you are worried, please speak with your doctor, nurse or pharmacist.

### 7. How does the vaccine work?

The vaccine works by teaching your body's immune system to respond quickly to the COVID-19 virus without being exposed to the virus itself.

### 8. What are the likely side-effects of getting the Pfizer vaccine?

Most people who have had the vaccine have not had any side-effects. The most common side-effects are minor - a sore arm, aches, a raised temperature, headache or feeling tired.

### 9. Will the vaccine affect my DNA?

No, the vaccine will not affect your DNA or your genes – this is biologically impossible.

### 10. If I have an underlying health condition or take medication, is the vaccine still safe for me?

Please speak to your doctor, nurse or pharmacist as they will be able to give you specific advice based on your situation.

### 11. Has anyone caught COVID-19 from having the vaccine?

No. It is not possible to catch COVID-19 from the vaccine because the vaccine does not contain any live virus.

### 12. Are there any religious reasons to reject being vaccinated?

All COVID-19 vaccines recognised as clinically safe and effective can be used in good conscience. Getting vaccinated is an act of charity because it protects those who, for health reasons, cannot be vaccinated themselves.

*\*For a list of people with underlying medical conditions and others at higher risk of severe illness from COVID-19, please visit: [covid19.govt.nz](https://www.covid19.govt.nz)*



## ‘Ofa’i ho kaunga’api ‘o hange pe ko koe Poupou’i e polokalama huhu malu’i COVID-19

Kuo lava ‘eni e ta’u ‘e taha mei he mafola ‘a e COVID-19 pea kuo kamata ke tukuatu ‘a e huhu malu’i Pfizer ki he ni’ihi e kakai ‘o e fonua ‘o kamata mo kinautolu ‘oku matu’aki lavea ngofua. ‘Oku poupou’i ‘e he New Zealand Catholic Bishops ‘a e fiema’u ke ke ma’u ‘a e huhu malu’i ke malu’i koe, ho famili mo e komiuniti.

Vakai ki he ngaahi fehu’i mo e tali fekau’aki mo e huhu malu’i.

### 1. Ko e ha e ‘uhinga ‘oku fiema’u ai keu ma’u ‘a e huhu malu’i?

‘Oku fakatu’utamaki ‘a e COVID-19 ki he kakai tokolahi, tautefito kia kinautolu ‘oku ta’u 70 pe lahi ange ai, pe kia kinautolu ‘oku ‘i ai honau mahaki tauhi (vakai ki he uepisaiti ‘a e pule’anga fekau’aki mo e COVID-19 [‘i heni](#))\*.

Kuo ‘osi tesi’i mo ‘ahi’ahi’i tu’o lahi ‘a huhu malu’i Pfizer pea ‘oku a’u ki he peseti ‘e 90 ‘a ‘ene ‘aonga ki hono malu’i ‘a e kakai mei he ma’u ‘a e mahaki.

‘Oku hoko ho’o ma’u ‘a e huhu malu’i ke malu’i ai mo e ni’ihi ‘oku ‘ikai lava ke nau ma’u ‘a e huhu malu’i koe’uhi ko ha ngaahi mahaki tauhi (‘eke ki ho’o toketa kapau ‘oku ke pehe ‘oku ke kau ki he kulupu ko ‘eni). Ko ia ‘oku mahu’inga ke ke ma’u ‘a e huhu malu’i ma’a ho famili mo e komiuniti.

### 2. ‘E malava keu kei puke he COVID-19 neongo kuou ‘osi ma’u ‘a e huhu malu’i?

‘Io, ‘oku kei malava pe ke te toe ma’u ‘a e mahaki, ka ‘oku fu’u si’isi’i ‘aupito ke hoko. Ka ‘oku hoko ho’o ma’u ‘a e huhu malu’i ke to ma’ama’a ‘a e mahaki ‘ia koe kapau te ke ma’u.

### 3. ‘Oku ou kei talavou pea mo’ui lelei, ko e ha e ‘uhinga ‘oku fiema’u ai keu ma’u ‘a e huhu malu’i?

‘Oku ‘ikai fakalau ta’u ‘a e COVID-19, kau ki ai ‘a e fanau ta’u ‘iiki pe moe kakai lalahi ‘oku mo’ui lelei. Kuo ‘osi pekia ‘a e ni’ihi na’e kei talavou mo mou’i lelei mei he COVID pe ‘oku nau tofanga mo e ngaahi uestia fakaemo’ui fuoloa koe’uhi ko e mahaki.

### 4. Ko hai ‘oku ngofua ke ma’u ‘a e huhu malu’i? ‘Oku ta’etotongi?

‘Oku ta’etotongi ‘a e huhu malu’i ki he taha kotoa pe ‘i Nu’u Sila ni pea ataa ki he taha kotoa pe ‘oku ta’u 16 pe lahi ange, tatau ai pe ‘a e kalasi visa ‘oku ma’u pe tu’unga nofo fonua. ‘Oku kei fai hono sivi’i mo ‘ahi’ahi’i ‘o e huhu malu’i ki he fanau iiki.

### 5. Kapau teu ma’u ‘a e huhu malu’i, ‘e toe ngaue’aki ‘a ‘eku ngaahi fakamatala teu tukuatu ki ha toe me’a kehe?

‘Ikai. ‘E ikai ngaue’aki ‘a e ngaahi fakamatala kotoa pe ‘e tanaki fekau’aki mo koe, kau ai ho hinga mo e hisitolia fakafalemahaki ki ha toe me’a kehe.

‘E ‘ikai tukuatu ha fakamatala ki he Immigration New Zealand.

### 6. ‘Oku malu nai ‘a e huhu malu’i?

Kuo ‘osi ‘ova ‘i he 100 miliona ‘a e kakai kuo nau ‘osi ma’u ‘a e huhu malu’i Pfizer. ‘Oku lahi ange ‘a e malava ke te puke lahi pe mate mei he mahaki, ‘i ha faka’ilonga uestia (side effect) mei he ma’u ‘a e huhu malu’i. Kapau ‘oku ‘i ai ha’o tala’a pea ke talanoa ki ho toketa, neesi pe tokotaha talavai.

### 7. ‘Oku anga fefe ‘a e ngaue ‘a e huhu malu’i?

‘Oku ako’i ‘e he huhu malu’i ‘a e ivi fakafepaki mahaki ho sino ke vave ‘ene tau’i ‘a e vailasi COVID-19 pea ‘i he taimi tatau malu’i ‘a e sino mei he ma’u ‘a e mahaki.

### 8. Ko e ha ‘a e ngaahi faka’ilonga uestia ‘o e ma’u ‘a e huhu malu’i Pfizer?

Ko e tokolahi ‘o e kakai kuo nau ma’u ‘a e huhu malu’i na’e ‘ikai te nau ongo’i ha faka’ilonga uestia mei he huhu malu’i. Ko e ngaahi faka’ilonga uestia ‘angamaheni na’e hoko ‘oku si’isi’i mo ma’ama’a ‘aupito – ko e mamahi e uma, felangaaki, mofi, langa ulu mo e ongo’i vaivaia.

### 9. ‘E uestia ‘e he huhu malu’i ‘eku DNA?

‘Ikai. ‘E ‘ikai uestia ‘e he huhu malu’i ho DNA pe fa’unga ho sino (genes) – ‘oku ‘ikai ‘aupito ke malava ‘eni.

### 10. Kapau ‘oku ‘i ai ha’aku mahaki tauhi, ‘e kei sai pe keu ma’u ‘a e huhu malu’i?

Kataki ‘o talanoa ki ho toketa, neesi pe tokotaha talavai he te nau ‘oatu ‘a e ngaahi fale’i fekau’aki hangatonu mo koe.

### 11. Kuo ‘i ai ha taha kuo ne ma’u ‘a e COVID-19 mei he huhu malu’i?

‘Ikai. ‘Oku ‘ikai malava ke te ma’u ‘a e COVID-19 mei he huhu malu’i he ‘oku ‘ikai ‘i ai ha vailasi mo’ui ia ‘i he huhu malu’i.

### 12. ‘Oku ‘i ai ha ngaahi makatu’unga fakalotu ke te ta’etali ai ‘a e huhu malu’i?

Kuo ‘osi fakapapau’i ‘oku malu mo ngaue lelei ‘a e kotoa ‘o e ngaahi huhu malu’i COVID-19 pea ‘oku lelei fakakonisenisi ke ngaue’aki. ‘Oku hoko ‘e te tali ‘a e huhu malu’i ko e ngaue ‘ofa ki he kakai kehe he ‘oku ne malu’i ‘akinautolu ‘oku ‘ikai malava ke nau ma’u ‘a e huhu malu’i koe’uhi ko e ngaahi ‘uhinga fakafaito’o.

*\*Ki ha lisi ‘o e fa’ahinga ‘oku ‘i ai honau ngaahi mahaki tauhi mo kinautolu ‘oku toulekeleka ‘a ia ‘oku lahi ange e malava ke uestia lahi kinautolu mei he COVID-19, kataki ‘o vakai ki he [covid19.govt.nz](https://www.covid19.govt.nz) pea taipe’i ‘a e “people at risk of Covid-19”.*