



TOITU TAIRĀWHITI

NGATI POROU - TE AITANGA A MAHAKI - RONGOWHAKAATA - NGAI TAMANUHIRI

PANUI

Tena tatou,

Today's Panui will focus on the Delta Variant and vaccination efforts across Tairāwhiti.

COVID-19 cases in the community

As of 19 August 2021, there are 55 active cases of COVID-19 in New Zealand. The total number of community cases is currently 16. The associated locations of interest in Auckland and Coromandel are being regularly updated.

COVID-19 - State of our Nation

Number of active cases

	Change in last 24 hours	Total at present	Total since first NZ case
Confirmed	16	55	2598
Probable	0	0	356
Total	16	55	2954

Location of active cases

	Change in last 24 hours	Total at present
In managed facilities	9	39
In hospital	2	4
At home or in self-isolation	0	3
Not in isolation	0	0
Other	5	9



TOITU TAIRĀWHITI

NGATI POROU - TE AITANGA A MAHAKI - RONGOWHAKAATA - NGAI TAMANUHIRI

How COVID-19 has spread

	Number of cases	Percentage (%) of all NZ cases
Imported case ¹	1769	60%
Import-related case ²	495	17%
Locally acquired, linked ³	589	20%
Locally acquired, unknown source ⁴	96	3%
Under investigation	5	0%
Total	2954	100%

COVID-19 cases by source and ethnicity

	Māori	Pacific peoples	Asian	Middle Eastern/Latin American/African	European/Other	Unknown
Import-related case	67	14	56	12	345	1
Imported case	62	43	595	120	930	19
Locally acquired case, unknown source	10	10	14	5	57	0
Locally acquired, epidemiologically linked	71	149	131	16	222	0

- **Imported Case**- People exposed to international returnees - includes close contacts, other returnees in managed isolation or quarantine, and staff working at the border or in managed facilities
- **Locally acquired case, unknown source** - Caught COVID-19 from someone locally
- **Locally acquired, epidemiologically linked** - Caught COVID-19 within NZ (has not travelled overseas recently or been in close contact with someone who travelled recently) but source is unknown



TOITU TAIRĀWHITI

NGATI POROU - TE AITANGA A MAHAKI - RONGOWHAKAATA - NGAI TAMANUHIRI

Vaccination

Why getting vaccinated is important

Getting a COVID-19 vaccine is an important step you can take to protect yourself, your kaumatua and whanau from the effects of the COVID-19 virus. It's one way we can protect the welfare and wellbeing of our communities from COVID-19.

It is not mandatory for the general public. You can choose whether to get vaccinated. However, for the safety and wellbeing of our whanau, Kuru Pounamu, and communities we are encouraging everyone that is eligible to get the Pfizer vaccination

How the COVID-19 vaccine protects you

COVID-19 can cause serious illness or death in some people. The COVID-19 vaccine stimulates your body's immune system to produce antibodies and other proteins that will fight the virus if you're exposed to it.

The vaccine helps prevent you from getting infected and having COVID-19 symptoms, or severe illness. This means you could have no COVID-19 symptoms or will have much fewer, milder symptoms and recover faster.

Vaccine effectiveness and protection

The Pfizer vaccine (Comirnaty) is an mRNA vaccine that contains the genetic code for an important part of the SARS-CoV-2 (COVID-19) virus called the 'spike protein'. Spike proteins are the little projections on the surface of the virus.

- Once you've had the vaccine, your body reads the genetic code and makes copies of the spike protein.
- Your immune system detects these spike proteins and learns how to recognise and fight against COVID-19. It knows it needs to attack the virus to protect it from spreading in your body.
- The genetic code then gets broken down and removed very quickly and easily by our body.

The vaccine cannot give you COVID-19

mRNA vaccines do not contain any of the virus that causes COVID-19, or any other live, dead, or deactivated viruses.

- The vaccine does not affect your DNA
- It does not affect or interact with your DNA or genes. mRNA vaccines never enter the nucleus of the cell which is where our DNA is kept.
mRNA vaccines have been in development for decades
- mRNA vaccines have been developed through major international collaboration



TOITU TAIRĀWHITI

NGATI POROU - TE AITANGA A MAHAKI - RONGOWHAKAATA - NGAI TAMANUHIRI

- Researchers have studied and worked with mRNA vaccines
- Although it is relatively new technology, this vaccine has gone through all the usual safety checks and regulations
- The Pfizer vaccine is being used world-wide and continually and closely monitored for effectiveness and safety

How the COVID-19 vaccine is given

The COVID-19 vaccine is given as an injection into the muscle of your upper arm. It is very important you get your second dose; you'll have your best protection once you've had both.

Staff will observe you for at least 20 minutes after your injection. This is a precaution in case you have any immediate allergic or adverse reactions. Staff will be on hand and trained to treat these immediately.

Why you need two doses

- Both doses of the Pfizer vaccine (Comirnaty) are the same. The second dose increases your protection – giving you better and likely longer-lasting immunity than the first dose alone.
- You need **two doses**. In the early clinical trials, researchers studied how much of the mRNA to include in each dose of the Pfizer vaccine and how many doses people should have. They measured the level of antibodies in the blood that were produced after each dose.
- After the first dose, the antibody levels were much lower compared to those seen after natural infection with COVID-19.
- After the second dose, the antibody levels were higher than those seen after the first dose, and higher than those seen after natural infection.

New strains of the virus

The Ministry of Health is evaluating preliminary data from other countries about the impact new strains may have on vaccine effectiveness.

Some companies have indicated they may make changes to the vaccine to make sure they work properly. This is like the regular changes made to the influenza vaccine.

What is in the Pfizer vaccine

The Pfizer vaccine (Comirnaty) is a mRNA-based (messenger ribonucleic acid) vaccine. It does not contain any live, dead, or deactivated viruses. There are no animal products in this vaccine

Nation-wide Vaccine data & statistics as of 19 August 2021

first doses administered	second doses administered	total doses administered
1,655,598	954,415	2,610,013



TOITU TAIRĀWHITI

NGATI POROU - TE AITANGA A MAHAKI - RONGOWHAKAATA - NGAI TAMANUHIRI

Tairawhiti Vaccine data & statistics as of 17 August 2021

first doses administered	second doses administered	total doses administered
25,005	9,067	25,005

Iwi Update

Round 1 of Ngati Porou Hauora Vaccination Clinic on the Coast administering doses 1 & 2

Community	65+	21-64yrs	16-20 yrs.
Whangara	17	16	
Uawa	142	284	12
Tokomaru	90	131	4
Te Puia- Waipiro	44	62	3
Ruatoria	133	206	12
Tikitiki	53	95	1
Te Araroa	78	113	13
Hicks Bay	47	20	4
Totals	604	927	49

Ngati Porou Hauora organised vaccine clinics between 16 Aug- 20 Aug 2021 at Te Tini o Porou.

Turanga Health Covid Vaccination Numbers to Date:

Venue	Total Numbers	Number under 65	Number over 65	Ethnicity Split
Te Whare Maire (Main office Turanga Health Derby St)	742	211	531	Maori: 609 European: 126 Other: 7
Mangatu	55	41	14	Maori: 38 European: 17 Other: 0
Matawai	81	60	21	Maori: 6 European: 75 Other: 0
Te Karaka	147	109	38	Maori: 110 European: 37 Other:
Waihirere	73	58	14	Maori: 69 European: 4



TOITU TAIRĀWHITI

NGATI POROU - TE AITANGA A MAHAKI - RONGOWHAKAATA - NGAI TAMANUHIRI

				Other:
Manutuke	173	128	34	Maori: 108 European: 40 Other: 25
Patutahi	100	90	10	Maori: 80 European: 20 Other: 0
Muriwai	104	86	18	Maori: 68 European: 17 Other: 19

Schedule of Turanga Health & Ngati Porou Hauora COVID-19 vaccination clinics

Turanga Health – Vaccination Clinics

Dates	Location	Time	Notes
Fri 20 August –27th August	Harriers Club 91 Innes Street (Elgin)	9am - 5pm	Walk ins – no appointments & Clinic is for Frontline Health Workers & Essential Workers.
Tues 24th August	Matawai – Community Hall	11pm – 6pm	
Fri 27th - 28th August	Rangatira Scout Hall Te Karaka	Fri 12pm-6pm Sat 10am-3pm	
Tues 31st August	Parihimanihi Marae Waihirere	12pm-6pm	

Turanga Vaccination Clinic venues and dates will be periodically updated.

Ngati Porou Hauora & Hauora Tairawhiti– Vaccination Clinics

Dates	Location	Time	Notes
Fri 20 August	Te Tini o Porou	9am - 7pm	Walk ins, no appointments required
Sat 21 August	Poutama Clinic, Behind Gisborne Hospital	tbc	
Sun 22 August	Te Tini o Porou	tbc	Walk ins, no appointments required
Mon 23 -Sat 28 August	Poutama Clinic, Behind Gisborne Hospital	tbc	

Ngati Porou Hauora will be conducting a second round of vaccination clinics across the Coast within the next 2-3 weeks.



TOITU TAIRĀWHITI

NGATI POROU - TE AITANGA A MAHAKI - RONGOWHAKAATA - NGAI TAMANUHIRI

Regional Update

Tairāwhiti at alert level 4

Health Services

Most elective procedures and surgeries are postponed. If you need to attend an urgent appointment, entrance to the Hospital is via the Emergency Department only. You will undergo screening and must also wear a face covering and sign in using the COVID-19 tracer app on arrival.

When you should see your GP:

If you are experiencing cold or flu symptoms including a runny nose, cough or loss of smell and taste, you must stay home and call your GP or Healthline on 0800611 116. They may refer you for a COVID-19 test.

This is important if you have recently travelled outside of the Tairāwhiti region, especially Auckland or Coromandel. Even if you only have very mild symptoms, it is vital to be tested early – as soon as you get symptoms and not to expose others.

Please continue physical distancing of at least 2 metres. Continue to wash your hands regularly and other good hygiene habits.

Testing for COVID-19

If you have symptoms of COVID-19, please visit the community testing centre at 295 Palmerston rd. (between City's Choice Dairy and J A Russell) to receive a swab. The testing centre is open between 10am- 4.30pm. This is a free, walk-in service.

Call 0800 923 487 for more information or call Healthline 0800611 116 for advice. You do not need to be registered with a GP to use this service.

COVID-19 Testing for travellers leaving New Zealand

Some countries require travellers to confirm a negative COVID-19 test before they leave New Zealand. You can check the requirements of the country you are travelling to, by contacting their local High Commission, Embassy or Consulate in New Zealand.

If you do need a COVID-19 test prior to departure, please contact your GP Practice or Three Rivers Medical for this service.

They will tell you how much it costs and how to pay. Book a test once your travel plans are confirmed. The test needs to be taken as close as possible to when you will be travelling. It usually takes 48 hours for test results to be available, but this can vary. Please ensure you don't leave it too late, especially around the weekend. If your travel plans change to a later day than expected, a re-test and negative result may be required.

Please note the Emergency Department at Gisborne Hospital does not provide COVID-19 swabs for people travelling from New Zealand.

For more COVID-19 advice for people travelling, [see the Ministry of Health's website.](#)

Contact Tracing



TOITU TAIRĀWHITI

NGATI POROU - TE AITANGA A MAHAKI - RONGOWHAKAATA - NGAI TAMANUHIRI

Contact tracing is key to any COVID-19 response in Tairāwhiti. Can you remember everywhere you have been over the last 14 days? Most people cannot. It is important to use a tool that can help you. [Download NZ COVID Tracer](#) (external link) to create a digital diary of places you visit by scanning the official QR codes. The tracker will help contact tracers to isolate anyone who may have been exposed to COVID-19 quickly.

Businesses should have a QR code displayed so customers can be traced quickly if required. [Get it here.](#) (external link).

Visiting Gisborne Hospital

Under the alert level 4 lockdown there is no visiting.

Maternity support

Under level 4 partners or one support person only may be permitted.

Need support?

Change and uncertainty can be tough to navigate, but it's important to seek help if you're struggling.

Feeling overwhelmed, stressed, or anxious is common during periods of change. Recognising these emotions is an important step in finding the right help for you.

Tairāwhiti has a broad range of local services to support your mental, physical, and emotional health.

If you are seriously concerned about someone's immediate safety, call 111 or take them to the Accident and Emergency Department (A&E) at your nearest hospital.

National Update

Delta Variant

The SARS-CoV-2 virus that causes COVID-19 has undergone genetic mutations over time as it adapts to humans, leading to the development of new variants of the virus. One of these new variants, the Delta variant, is swiftly becoming the dominant variant globally.

Delta is a more contagious than the other virus strains. Delta is the name for the **B.1.617.2** variant, a SARS-CoV-2 mutation that originally surfaced in India.

The first Delta case was identified in December 2020, and the strain spread rapidly, soon becoming the dominant strain of the virus in India, Great Britain, the United States and now parts of Australia. It is the most transmissible variant, spreading a lot more easily than the original version of the COVID-19 virus and other variants.



TOITU TAIRĀWHITI

NGATI POROU - TE AITANGA A MAHAKI - RONGOWHAKAATA - NGAI TAMANUHIRI

How Delta is different from earlier variants

Science is telling us the Delta variant has several differences compared to earlier iterations of the virus. These differences mean that the Delta variant is a greater threat to the health of individuals who contract the infection and a greater challenge to contain the spread of the virus in an outbreak. For example:

- Delta can cause people to develop more serious COVID-19 illness than other variants of the virus
- People with a Delta infection are at higher risk of needing hospitalisation.
- The chance of infecting others such as within your household or other contacts is very high because Delta is so transmissible. It is estimated that on average, one person infected with Delta may infect 5 or 6 other people. This is how Delta outbreaks in places overseas have grown so rapidly.
- People with Delta infections seem to carry much more virus (have a higher viral load) and for a longer period than those infected with the original virus or other variants.
- The time from exposure to the virus until first symptoms is shorter for the Delta variant.
- Some people may have no symptoms (asymptomatic) when infectious.

How we can protect ourselves:

Vaccine effectiveness and health measures

Globally, and here in New Zealand, it is so important to stamp out any community outbreaks as quickly as possible and to ensure very high rates of vaccination.

Being fully vaccinated gives you a high degree of protection against Delta infection, and an even higher degree of protection against severe illness, hospitalisation, and death. Evidence currently shows the effectiveness of two doses of the Pfizer vaccine against illness due to Delta infection is about 88% and the protection against hospitalisation due to Delta infection about 96%.

However, no vaccine is 100% effective so there is some chance that a vaccinated person may become infected with the Delta variant and may transmit the virus to other people. Taking other precautions will remain important in order to continue to protect our communities.

As well as vaccination, early detection of cases and swift contact tracing, as well as isolation of cases and contacts, will be critical due to the shorter incubation period of Delta.

It will also be important to continue to protect ourselves, our whanau Kuru Pounamu and stop the transmission of the disease by following health habits such as:

- Physical distancing of 2m where possible
- Wear face coverings on public transport and indoors in busy places such as supermarkets
- Keep indoor rooms well ventilated (e.g., by opening windows and doors) where possible



TOITU TAIRĀWHITI

NGATI POROU - TE AITANGA A MAHAKI - RONGOWHAKAATA - NGAI TAMANUHIRI

- If you feel unwell, stay home
 - If you show any symptoms, call Healthline and get a COVID-19 test
 - Keep a record of where you've been or scan in wherever you go using the COVID Tracer app and turn Bluetooth on your phone so you can be contacted if you have been near a case.

Alert Level 4 Keeping safe and keeping well

At Alert Level 4 we need to be more vigilant in taking measures to keep safe and well.

- Regularly disinfect surfaces
- Wash and dry your hands thoroughly and regularly
- Wear a face mask when travelling in public transport and taxi's, shopping and visiting public spaces.
- Do not touch your face
- Stay home if you are sick
- Call Healthline if you suspect you have COVID-19 symptoms: **0800 358 5453**
- For any other COVID-19 related queries, contact the Government helpline **0800 779 997**
- Get tested for COVID-19 if you have flu like symptoms – call your GP or Healthline
- Continue to seek primary medical care.
- Restrict or travel to the purchase of essential provisions and or medical care.
- Need to talk? Call or text **1737**
- Visit [allright.org.nz](https://www.allright.org.nz) for practical mental health and wellbeing advice
- Essential business enquiries essential@mbie.govt.nz or **0800 22 66 57**
- Report breaches of self-isolation [105.police.govt.nz](https://www.105.police.govt.nz)

KIA MATAARA, KIA MANAWANUI