

COVID-19 VACCINATIONS

Rarotonga Puna Vaccinations begin Saturday 22 May

VACCINATIONS ARE BY APPOINTMENT-ONLY.

A TMO representative will call you to arrange your appointment.

Rarotonga Puna Vaccine Rollout

GROUP/ PUNA	FROM	TO
Nikao	22 May	22 May
Nikao/ RAPA	23 May	23 May
RAPA/ Takuvaine	24 May	24 May
Blackrock/ Akaoa	25 May	25 May
Muri Enuu/ Matavera	26 May	26 May
Matavera/ Ngatangia/ Titikaveka	27 May	27 May
Titikaveka	28 May	28 May
Tupapa	29 May	1 June

Rarotonga Vaccination Process

What to expect: Allow 2 hours

1 Parking

No parking available at the Rarotonga Hospital. You must park at the Nikao Social Centre where a shuttle bus will be available for free return transfers. Arrive at least 30 minutes before your appointment. A CookSafe registration and Tag In station will also be available here.

2 Arrival

When you arrive at the Rarotonga Hospital, you will be directed to the Arrival tent where you will need to complete a registration form. A face mask will be provided for you to wear for the duration of your visit. Your temperature will also be taken.

3 Registration

You will then move to the Registration room where TMO staff will check your consent form and ensure your details are in the vaccination register.

4 Counsellors Room

Counsellors will be on site to answer any questions or concerns you may have about the vaccination.

5 Waiting Room

You'll be asked to wait before being called in for your vaccination. Please ensure you have eaten, used the toilet and have a drink bottle with you to stay hydrated.

6 Vaccination

You will be escorted to the Vaccination Room. You must sign your consent form prior to receiving your vaccination.

7 Observation

You will be required to sit and relax for 20 minutes under observation by a medical practitioner to monitor any side effects.

8 Departure

Make your way to the departure waiting area for your transfer back to your vehicle at the Social Centre.

Frequently Asked Questions

Why am I being offered a COVID-19 vaccination?

Getting a COVID-19 vaccine is an important step you can take to protect yourself, your family and community from the effects of the virus. It's one way we can fight the COVID-19 pandemic and protect our welfare and wellbeing. By having the vaccine you'll be playing your part to protect us all. The free and voluntary COVID-19 vaccine will help protect and safeguard the people of the Cook Islands. It will save lives.

What COVID-19 vaccine is available in the Cook Islands?

The Pfizer vaccine will be rolled out across the whole of the Cook Islands. The Pfizer vaccine will not give you COVID-19. It does not contain any live virus, dead or deactivated virus. It works by triggering your immune system to produce antibodies and blood cells that work against the COVID-19 virus.

When can I get my COVID-19 vaccine?

Rarotonga Puna rollout will begin on Saturday 22 May. You will be contacted for appointments based on your Puna.

Do I need to book an appointment?

No. A Te Marae Ora (TMO) representative will call you to schedule your date and time for your appointment to receive the vaccine.

How do I update my TMO patient contact details?

Call 22664 between 8am – 4pm (Monday – Friday) and speak to Pa Tauakume or Haumata Hosking or complete the online form at www.covid19.gov.ck/vaccination

What are the repercussions if I decline the COVID-19 vaccination?

Getting the COVID-19 vaccine is voluntary. Should you become infected with COVID-19 you may be required to cover isolation costs.

Can I read the consent form prior to arriving for my appointment?

Yes, visit www.covid19.gov.ck/vaccination to view.

Will I get time off work to get vaccinated?

We encourage you to talk with your employer so you can work around your appointment date and time. It is highly encouraged that you do not miss your assigned appointment as this will affect your vaccination plan.

What are the side effects of the vaccine?

Like all medicines, the vaccine may cause side effects in some people. These are common. They are usually mild, don't last long and won't stop you from having the second dose or going about your daily life. The most common reported reactions are pain at the injection site, a headache and feeling tired or fatigued. Muscle aches, feeling generally unwell, chills, fever, joint pain and nausea may also occur.

What if I am travelling to New Zealand during the rollout?

You are highly encouraged to defer travel overseas if you are planning on getting the COVID-19 vaccine. TMO cannot accommodate individual requests for personal appointments outside of the rollout plan as the vaccines have a short shelf life. Unnecessary travel is not encouraged during the COVID-19 vaccination rollout.

Will TMO provide support for those who develop serious side effects to the COVID-19 vaccine?

Yes. If you experience any side effects after leaving either of your appointments or feel unwell, call the Tupapa Outpatients on 20066 who will be able to provide assistance.

Can I get the COVID-19 vaccine if I'm pregnant?

You should discuss your individual situation (particularly if you have other medical conditions) and the benefits and risks of receiving the COVID-19 vaccine while pregnant with your midwife or doctor.

Can I get the COVID-19 vaccine if I'm breastfeeding?

As with all vaccines on the New Zealand Immunisation Schedule, there are no safety concerns about giving the Pfizer COVID-19 vaccine to women who are breastfeeding. By being vaccinated, mothers can also provide some protection against COVID-19 for their babies via their breast milk.