



13th November 2023

PUBLIC NOTICE

COVID-19 Prevention Measures

New Zealand has just experienced a 5th wave of COVID-19 infections and the United States has high infection rates in areas. Both countries have daily flights into our country. There is waning immunity for those who were vaccinated in 2021 and in 2022. Therefore, the Ministry of Health advises our communities to protect themselves from COVID-19 and severe disease by having a:

1. COVID-19 single dose for those who have not received a COVID-19 vaccine before;
2. COVID-19 booster dose for those who have had vaccination more than 12 months ago and is **strongly advisable** for those who are:
 - front-line (health and first responders) workers
 - more than 60 years of age
 - have other health conditions such as diabetes, high-blood pressure, heart diseases or lung disease.
 - Pregnant mothers

Please bring your COVID-19 Vaccination card. The boosters are available at the Expanded Program on Immunisation (EPI) Building, Moto'otua (Blue House opposite Seb and Rene) from Monday – Friday at 9am – 4:00pm. We will notify the public for any additional sites.

3. **The general public is also advised to follow all other COVID-19 prevention measures. These measures also help to prevent the spread of the flu.**
 - Keep at least 1-metre distance from others
 - Wear a mask especially in places where you can't keep at least 1-metre distance
 - Open windows in closed, crowded and close-contact spaces
 - Cover your mouth and nose when coughing and sneezing
 - Clean your hands with soap and water or alcohol-based hand rub/sanitize
 - Stay at home if sick or call the Public Health for advice on telephone 66666 or 66695.
4. **It is also important to remember that you can get COVID-19 and the flu at the same time.**
 - Symptoms for both the Flu and COVID-19 include fever, headache, muscle ache, and sneezing and coughing.
 - They are both spread in the same ways, including through inhaling droplets from coughs or sneezes from an infected person.



- Many people, especially young people, with COVID-19 also have a loss of smell and taste.
- Remember, however, some people with COVID-19 may not have any symptoms at all and could still spread the virus.

The general public is reminded that the flu vaccination is also available and can get it together with the COVID-19 booster dose.

The Ministry of Health appreciates your support and we urge everyone to be more health conscious and continue to practice the preventative measures of COVID-19.

For further information, please contact the MOH Public Health on telephone: 66695 or the MOH Facebook page @healthsamoa.

Ma le fa'aaloalo lava,



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