



PAPAKOLEA NEWS

APRIL 2021

SPECIAL COVID-19 VACCINE EDITION

As we enter the recovery stage of this pandemic, it's time to talk about getting vaccinated! Kula no na Po'e Hawaii 'o Papakolea, Kewalo, Kalawahine strongly supports vaccination as one of the most effective tools to protect our health and prevent disease. Please join us in the next phase of staying PAKOLEA STRONG...don't wait, vaccinate!

With all the information out there about the COVID-19 vaccine, we want to help you make the most informed decision you can to protect you and your ohana. This newsletter provides information from the "Pacific Islander Vaccine Toolkit" which has the most current data and information for Native Hawaiian and Pacific Islander families. Mahalo nui to the Native Hawaiian & Pacific Islander Hawai'i COVID-19 Response Recovery Resilience Team for creating the toolkit.

To learn more and access the full toolkit, please visit our website www.kula-papakolea.com

WHY SHOULD I GET THE VACCINE?

Because they work!

- Moderna and Pfizer vaccines are around 95% effective in preventing someone from getting COVID-19.
- The Johnson & Johnson vaccine is 66.3% effective at preventing COVID-19 and is highly effective in preventing hospitalization and death.
- Getting the vaccine can prevent you from becoming seriously ill from COVID-19. It can potentially save your life!

Because they protect you!

- If you are diagnosed with health conditions or are immuno-compromised, you could be more at risk of experiencing severe effects of COVID-19.
- Scientists do not currently know if getting COVID-19 once can make you immune/protect you from getting it again.



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FREQUENTLY ASKED QUESTIONS

1) Is the vaccine safe?

- No one has died from the vaccine. However, over 520,000 people in the U.S. have died from the COVID-19 virus, and that number is expected to grow as infections continue to rise. Additionally, Pacific Islanders are more likely to die from the coronavirus compared to non-Hispanic whites. Getting vaccinated is the safest way to stay healthy through this pandemic.
- The vaccines were tested through clinical trials and the Federal Drug Administration (FDA) has determined that the benefits from the vaccine outweigh any potential risks. Both the FDA and the Centers for Disease Control & Prevention (CDC) are continuously monitoring the vaccine even after trials to ensure its safety.



2) What should I do before getting the vaccine?

- This a great opportunity for prayer and reflection with your support community. Talk with those supporting you about any fears you might have. Discussion about the vaccine can help alleviate a lot of the fear and pressure that might come when preparing for your appointment.
- Hydrate and rest well before and after getting the vaccine. This can help your immune system build the antibodies you need to stay healthy.

3) After getting the vaccine, how bad are the side effects?

- Everyone's bodies and immune systems are unique. Some people have mild side effects, others have none. After receiving the vaccine, you will be monitored for 15 minutes in case of an immediate reaction. Side effects can include sore arm, fever, muscle aches/pains, chills, fatigue/tiredness. These can last several hours and usually resolve after a few days. Talk to your provider if you have further specific concerns or allergies to certain medications.
- In order to help reduce any pain/ discomfort, the CDC recommends using a clean, damp washcloth on the area you got the shot, exercising the arm you got the shot on, drinking fluids, and dressing lightly. You are welcome to use your traditional medicines and remedies to help relieve sore arms or injection site pain after getting the vaccine.

4) Anything else I should do after getting the vaccine?

- Even after being fully vaccinated, we will need to continue wearing masks in public spaces and maintain social distance with people outside of our household. This is because the current vaccines available only prevent us from experiencing symptoms, and it is unknown if we could still get infected with COVID-19 and unknowingly spread it to others. The best way to slow the spread of the virus is to maintain physical distance, wear a mask, and frequently wash hands, until scientists and public health officials find new and other ways to stop the spread.

DISPELLING MYTHS & MISCONCEPTIONS

MYTH: The vaccine gives you COVID-19...

FACT: You CANNOT get COVID-19 from the vaccine because the live virus that causes COVID-19 is not in any of the vaccines. The Moderna & Pfizer vaccines use new mRNA technology and the Johnson & Johnson is a viral vector vaccine. Each vaccine type is made a bit differently but they all teach our bodies to fight the novel coronavirus.

MYTH: You're immune to COVID if you've already caught it before...

FACT: If you have already caught COVID-19, we do not currently know how long you are protected from getting COVID-19 again and it is possible you could get it again.

MYTH: The vaccine changes your DNA...

FACT: The mRNA COVID-19 vaccine (Moderna & Pfizer) does NOT alter your DNA or genetic information. The vaccine does not enter the nucleus, where DNA is stored, meaning it cannot alter your DNA. The viral vector COVID-19 vaccine (Johnson & Johnson) also does NOT interact with your DNA.

WHEN & WHERE CAN I GET MY VACCINE?

Kula no na Po'e Hawaii o Papakolea, Kewalo, Kalawahine and Kaiser Permanente are partnering to bring monthly COVID-19 Vaccine Clinics to the community center. Our next clinic is planned for mid-May.

As we prepare for the state to lower age eligibility, KULA staff are building a registry of those interested in receiving a vaccine. This registry will be used to schedule clinic appointments as they become available. Due to limited availability, priority will be given by age and to community residents first. Those that do not live in Papakolea are welcome to register, but will be placed on a waitlist.

If you or anyone in your household (16 and over) are interested in receiving your vaccine, please call us at 520-8991.



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*Well-Being our Priority,
Education our Commitment,
Community our Drive*

OPEN FOR MORE INFORMATION ABOUT COVID-19 VACCINES!

