

Sampela toktok i raon na wok long paulim tingting bilong ol manmeri long PNG

Q
A

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Askim na

Answers on COVID-19
Bekim bilong sik COVID-19

By Professor Glen Mola



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Q 1. COVID 19 epidemic is a hoax and why are not so many Papua New Guineans dying right now?

A It is a very real world wide pandemic, millions have died and continue to die from this nasty disease. The propagation of this misinformation has the potential to lead to thousands of deaths in PNG if people pretend that COVID-19 does not exist, because then we will not take care to prevent the spread. Recently, we have tested the maximum cases in NCD 271 (1.2.21) in one day bringing PNG's total to 6100 and total deaths (60 as of 1.4.21), we are in the exponential surge phase of this epidemic in PNG.

Q 1. COVID-19 sik em i no trupela sik. Bilong wanem, long dispela taim, i no gat planti manmeri bilong PNG i dai long dispela sik COVID?

A COVID-19 sik em i tru na long ol arapela kantri long wol planti manmeri i bin dai pinis long dispela sik. Sapos sampela lain long PNG i giamanim yumi na tok olsem COVID-19 i no tru, (na yumi bihainim tok blong ol) nogut bai i gat planti tausen manmeri bai dai long PNG. Long 20.3.21, long wanpela de tasol long NCD, ol test i bin painimaut olsem 271 (1.4.21) manmeri i gat dispela sik. Nau 6100 manmeri i bin test postive na i gat dispela sik na 60 manmeri i bin dai pinis long sik COVID. Namba bilong ol manmeri i gat dispela COVID-19 sik, nau i wok long go antap moa moa yet.

Presiden bilong kantri Brazil na bipo President Trump bilong Amerika, tupela i bin tok olsem COVID-19 sik em i no tru, nau kantri bilong ol i painim traipela bagarap. Long Brazil i gat 90,000 nupela kes i kamap (olsem kamap long wanpela de tasol), na planti (12 milien) manmeri i gat dispela sik na 300,000 i bin dai, na namba bilong ol manmeri i kisim dispela sik i wok long go antap moa yet. Yumi luksave long eksampel long Brazil, long wanem, nogut kain hevi i kamap long PNG. Taim dispela sik i stat long raun long givim sik long ol papa mama na ol bubu bilong yumi long ol ples na hap long bus long PNG, bai yumi wari bikos planti long ol lapun bai dai.

Planti manmeri i bin dai pinis long Europe na England, tasol long hia long PNG, i no gat planti i dai, long wanem, PNG i nogat planti lapun: 50% o hap long namba bilong pipel bilong yumi i no winim yet 18 pela krismas. Ol yangpela kain olsem ol i no save kisim bagarap tumas long dispela sik. Long ol yangpela, long insait long 1000 i kisim sik, tupela (2) tasol bai kisim bikpela sik na wanpela bai dai. Tasol long ol lapun i winim 80 pela krismas, long 1000 i kisim sik, 500 bai kisim bikpela sik na wan handred (100) bai dai. Em i olsem, long husat i winim 18 pela krismas, olgeta yia, supos i gat planti lapun orait bai yumi gat moa sans long dai long dispela sik.



Q 2. COVID19 infection is just like a mild 'flu' or the same as Influenza?

A It is not. Influenza mainly affects the upper respiratory tract then moves down to inflame the air sacs in the lungs where oxygen-CO2 exchange takes place. COVID19 also starts in the upper respiratory tract, but this is where the similarity ends. If the individual is not able to eradicate the COVID19 virus at this early stage, it moves down into the lungs and it affects the walls of the small arteries that surround the air sacs (also therefore impeding oxygen-CO2 exchange), but the story does not end there. COVID 19 can affect the small arteries (endotheliosis) all over the body and cause all sorts of devastating effects in many organs of the body. This is why for example, that a significant number of COVID19 affected people lose their sense of smell and taste capacity because the infection has affected their brain.

And then there is "Long COVID". A significant number of people (about 10%) who get COVID19 infection go on to long term or even permanent disability. They end up with things like long term shortness of breath, chest pain, no sense of smell or taste, joint pains (like arthritis), and cannot walk well or do other physical things like play sport. And the risk of Long Covid is NOT related to the severity of your initial infection morbidity; so even mildly symptomatic cases of COVID can go on to a 'Long Covid' condition disability. So surely best not to get the COVID infection at all!

Q 2. COVID sik em i no bikpela sik, em i wankain olsem liklik kus o sik 'flu' tasol.

A Dipela tok i no tru. Sik flu em i save stat long nus na nek na i save go daun na mekim lungs i pulap long wara, olsem na bai i makim hatwok long pulim win. COVID tu i save stat long nus na nek, tasol taim em i go daun long lungs, em i save bagarapim ples we blut save karim pipia win (carbon dioxide) kam aut long bodi na gutpela win (oxygen) ken go insait. COVID binatang (virus) ken bagarapim planti narapela hap bilong bodi tu - olsem na planti ol COVID sik lain i no inap smelim gut ol samting o save long teist bliong kaikai. Sampela save dai long kidney o heart failure. Sampela ol kisim sik COVID, na kain kain hevi long bodi i save stap longpela taim. Namba olsem 10% (1 aut long 10pela lain ol kisim sik COVID) i save gat sampela hevi long bodi i ken i stap long planti mun bihain; kain ol hevi olsem sotwin, skru pen, bros pen, hat long kirap wok, pilim skin i hevi na bai i laik silip olgeta taim. Planti tu bai i hat long wok, bai i no inap long pilai spot, no inap simelim o teistim kaikai. Planti i painim hat tumas long winim dispela sik. Sik i bagarapim bodi bilong ol na i stap longpela taim o stap olgeta olsem. I no olsem ol lain I kisim bikpela sik tasol bai sik COVID i bagarapim bodi bilong ol, nogat. Planti manmeri i ken i gat strongpela bodi, tasol taim sik COVID i kisim ol, bai ol i kisim hevi long bodi wea bai i stap longpela taim, na i ken bagarapim bodi.

Yumi olgeta mas traim long abrusim dispela sik nogut.



Q 3. Taking home remedies (like lemon tea, honey tea, herbs, eating good diet, breathing in steam etc,) this will protect you against getting COVID-19, or help you not to get too sick if you do get the infection?

A There is no scientific evidence that any of these home remedies are effective in either specifically preventing COVID19, or reducing death or disability if you get it.

Please do not misunderstand me here: a healthy diet and daily exercise is critical and beneficial to long term good health – especially with the risks of getting cardiovascular and metabolic diseases (Diabetes). And, of course, we all know that those with these kind of co-morbidities are much more at risk of serious morbidity and death from COVID19 infection. Don't get obese or smoke. Everyone should know their BMI (height/weight ratio), and for good health BMI should be between 18 and 25. And, smoking is the poison that impacts so very detrimentally on ordinary people's health. From your general health point of view, stopping smoking is possibly the most advantageous thing you can do in your life.

There is nothing wrong with drinking hot lemon juice, eating lots of garlic, or taking innocuous herbs, -if this makes you feel good, by all means continue, but do not think that these are proven efficacious alternatives to effective proven strategies like vaccination. And some things like breathing in steam could damage your airways.

Q 3. Ol kaikai olsem muli ti, o hani ti, ol kumu gras, gutpela gaden kaikai na pulim win long stim i kam long hatwara i ken lukautim yu long yu no ken kisim COVID sik o sik bai i no inap bagarapim yu tumas.

A Ol saveman na dokta i bin luksave olsem ol kain kaikai o pasin olsem i no inap banisim yu long kisim COVID sik o long halivim yu long abrus long kisim bagarap long bodi bilong yu o kilim yu i dai. Emi tru tumas, ol gutpela kaikai na eksasais gut long wan wan de i ken halivim yumi long stap helti na abrus long kisim sik suga or hevi long presa bilong blut. Na tu, husat i gat sik kain olsem sik suga (Diabetes) o hevi long presa bilong blut i gat moa sans long bagarap long COVID sik, na long ol narapela kain kain problem olsem hat atek or strok or kidney failure. Maski tu, noken kamap fatpela tumas or smuk tu ia. Pasin bilong smok i save opim rot bilong kain sik olsem COVID. Sapos yu save smok, moabeta yu lusim na bai yu inap i gat planti moa yia bilong yu stap long dispela graun, na sans long lukim bubu bilong yu.

Pasin bilong dring muli ti o kaikai galik o ol gutpela heb em i orait, tasol nogut yu ting olsem ol dispela samting i ken halivim yu long abrus long kisim COVID. Wanpela samting tasol em i ken strongim bodi bilong yu long noken kisim COVID - em sut long veksin. Na tu pulim win long stim i kam long hatwara i ken kukim ol winpaip bilong yu.

Q 4. 'God will protect you', so just relax

A God protects us all. But God does not usually do (and we should not expect God to do) what we can do for ourselves. God does not weed our kaukau gardens or deliver bags of rice to our houses. "God helps those who help

themselves". And the view that PNG has a special place in God's heart, over and above other places is not only gratuitous and spiritually arrogant, but also offensive to other members of God's family. God also loves and protects Italians and Americans for Heaven's Sake!

Pray to, worship, love, honour and fear God, but do not presume to tell God what to do please. And do not 'relax'; if you have kids to look after. Make sure you have sufficient resources to do it well (tertiary school fees nowadays are >K10,000 per kid per year), - parents need to focus their minds on the care of their offspring, not just having them. Also think about the older members of your family who might be at serious risk of morbidity and even death if they get COVID19 infection, - not just yourself and the younger members of the family.

Q 4. Noken wari, God bai lukautim PNG

A God i save lukautim yumi olgeta. Tasol God i no save halivim tumas ol lain husat i no laik halivim ol yet. God i no save rausim pipia gras long gaden kaukau bilong yu, o salim bek rais nating long haus bilong yu. "God i save halivim husat i wok long halivim em yet." Pasin bilong ting olsem God i save laikim ol PNG moa long ol narapela manmeri i no stret. Kain olsem yu apim yu yet long ai bilong God? Tingim Jesus stori long man long marit kaikai i go sindaun antap long tabel na Papa bliong haus em tokim em long go daun, na man i sindaun daunbilo na Papa tokim em long kam sindaun antap. Pasin we yu ting yu yet yu winim ol narapela long ai bilong God em kranki tingting stret ia. God em save laikim ol lain bilong Italy na Amerika tu!

Yumi inap pre na givim ona na biknem long God, tasol noken tingting olsem yu inap bosim em na pulim em long mekim wanpela samting. Yumi mas taitim bun. Sapos yu gat pikinini, orait yu mas lukautim ol na luksave olsem ol i gat skul fi. Papamama i mas redi long lukautim pikinini long bikpela skul, sampela skul fi em i moa long K10,000 long wanwan yia long koles na Uni. Kamapim pikinini em wanpela samting, tasol lukautim ol em bikpela wok bilong ol mamapapa. Na tu yu no ken tingim long ol pikinini na yu yet tasol. Yumi mas tingim ol lapun long famili bikos ol lapun ol i inap bagarap o dai long sik COVID.

Q 5. COVID19 is (overseas) man made and all we have to do is keep foreigners out of PNG and we will be safe.

A COVID19 is a Corona-SARS type virus that made the jump from animals to humans probably in a Wuhan China 'wet-market' at the end of 2019. Many infectious agents have made this kind of jump over the centuries - even human HIV infection could have arisen like this in the 1950s or 1960s. There



are literally 100s of species of Corona viruses in both humans and various animals. But whatever is the actual source of this COVID19 virus – it is now causing massive community transmission in PNG communities, and keeping foreigners out is not a very useful thing to do at this stage. It was a good strategy in 2020, but things have now changed. Indeed, this one of the things we doctors are realizing with great anxiety – that the situation with regards this epidemic in PNG is changing rapidly, and this means we need change the way we do things almost by the day.

Q 5. Ol ovasis lain i bin wokim dispela COVID sik, na yumi mas stopim ol ausait lain long kam long PNG na bai yumi orait.



A COVID sik em wanpela kain virus o sik i bin stap long ol animal pastaim na bihain em kalap i kam long yumi manmeri. Ol saveman na dokta i ting olsem dispela senis long COVID virus we em i go pastaim insait long ol man i kamap long maket long Wuhan long China long 2019. Bipo tru, planti sik i bin kam long ol manmeri long kain rot olsem: kain olsem HIV-AIDS virus i mekim long 1950 o 1960. I gat planti arapela binatang virus, ol i kolim Korona virus, long ol animal na ol manmeri tu. Maski tingting tumas long em stat we. Yumi mas wari nau long bagarap bilong COVID sik i raun insait long ol komyuniti long PNG. Long

pasim ol ausait lain long kam long PNG, em i gutpela long las yia 2020, tasol nau sik i stap namel long yumi pinis na pasim ol ausait lain long kam em i no halivim yumi tumas nau. Ol dokta i luksave olsem rot na wokabout bilong sik i raun insait long PNG em wok long senis.

Nau em i kamap planti na nau yumi mas senisim tingting na wei gayman na dokta i wok long pasim dispela sik.

Q 6. COVID 19 is not as bad as HIV, TB, Malaria etc. and therefore we should just focus on these serious health and medical problems and not be too focused on COVID19.

A COVID19 is 'bad' – just like HIV, TB, Malaria, cancer etc. are bad. But all these other 'bad' medical conditions are often treatable. There is good medicine nowadays to keep HIV infected people healthy for decades so that they can lead a normal life. There is very effective treatment for TB: the reason that so many people die from TB is that they give up on their treatment as soon as they start feeling better, and then your TB bacteria becomes resistant to our standard treatment medicine. When TB patients then get worse again, and resume their treatment, it no longer works. We can also treat most cancers well, as long as you present at the very early stage of the disease. However, there is NO effective treatment for COVID19; if you get sick with your COVID19 infection, the best we can do is prevent over-reaction of your body to inflammation and give you supplementary oxygen (if the oxygen



concentration in ordinary air is insufficient to keep you alive) – and until (hopefully) your body develops sufficient immunity to the virus.

Doctors are not giving up on treating HIV, TB, cancer, and other health and medical problems, - but COVID19 is making it harder for us to do everything. Please help us to cope – by not propagating conspiracy theories, by following ‘niupela pasin’, and getting ready to get the vaccine when it is available. Health workers are also human beings, and many are getting depressed and frustrated by the continuous barrage of ‘bullshit’ that is appearing in social media.

Q 6. COVID i no nogut tumas olsem HIV, TB, Malaria. bilong wanem na yumi tingting planti tumas long COVID sik?

A COVID sik em wanpela sik nogut stret. Yumi gat planti bikpela sik long PNG, olsem HIV, TB, Malaria, cancer. Tasol planti long narapela bikpela sik i gat marasin i ken halivim o winim. Marasin bilong stopim HIV-AIDS long bagarapim body i stap, ol kolim ART. Ol HIV lain kisim ART gut ol ken stap longpela taim olsem nomal laip. TB i gat gutpela marasin bilong em. Ol TB lain save indai, bikos planti TB sik lain i no save kisim marasin gut. Ol save lusim marasin taim ol stat pilim orait, na taim sik TB kambek nau, marasin i no save wok long namba tu raun. Planti ol cancer tu, dokta ken katim sapos sikman kam kwik taim cancer i liklik yet. Tasol, i nogat marasin bilong COVID sik. Dokta i ken halivim long givim yu win (oxygen) sapos yu sot win, na yumi wet long bodi traim long rausim bek COVID virus.

Ol dokta i no inap givap long halivim ol sik man i gat TB, HIV, cancer na ol narapela sik, tasol nau COVID sik kam na planti sikman tumas pulap long hausik na mekim hat wok olgeta. Sapos planti sikman tumas pulap long hausik olgeta dei, ol dokta na nes bai sotwin – bilong halivim hausik inap long wok orait yet, ol pipol long kantri mas traim na harim tok long stopim dispela sik. Plis stopim ol tokwin nabaut long longlong rong toktok long COVID sik (em pulap long internet na Facebook), bihainim “niupela pasin”, na redi long kisim veksin sut taim em kam long ples bilong yu. Ol dokta na nes, mipela man tu ia: mipela tait na les pinis long ol bulsit na giaman toktok ol manmeri wok long mekim long internet na Facebook.

Q 7. The COVID vaccines are ‘not safe’

A COVID vaccines have all gone through rigorous and standard testing. It is true that this process has been done faster than usual, but it has been done properly. Instead of believing that the testing has not been done properly, we should be thankful for the sleepless nights, the working 24/7 of laboratories all over the world and the scientists who have possibly not had time to see their families much for months on end – and that this process has been done as an emergency. Because this epidemic is possibly the major health emergency of this century. 21 million people died in the



Influenza pandemic of 1918-1920 – do we really want this kind of death toll in this pandemic?

One vaccine development was halted because of concerns about safety in the phase 2 trials – this was the one being developed by the Queensland Institute of Medical Research. But all the other vaccines (Oxford AZ, Moderna, Pfizer, Johnson and Johnson) have passed through the 3 phases of research process and been found to be safe. (The rest of the world does not have information about the Russian Sputnik or the Chinese vaccines – as these country's research processes are not so transparent.) In European countries (particularly Norway, UK etc.) there is very close and strict monitoring of vaccine use (and all new medicine use), even after the safety and efficacy trials have been completed. And, if there is the slightest hint of any dangerous side effects revealed by roll outs, then there are further thorough investigations made. This is what happened last week when there was concern raised by European doctors that the Oxford AZ vaccine could be associated with an increased risk of blood clots. This issue was thoroughly investigated, and in fact data shows there is a higher rate of blood clots in the unvaccinated group of people in Europe. The 'European Agency for (monitoring) Medicines' declared that the Oxford AZ vaccine was in fact safe for use throughout Europe on 19.3.21., and Spain, France, Germany etc. have resumed use of this vaccine in their vaccination campaigns.

The idea that we in PNG need to repeat all the research is plainly ridiculous. And in PNG we just do not have the capacity to do detailed and thorough monitoring like the Europeans can. People who make these kind of suggestions either do not believe PNGeans are members of the human species, or have no idea of research protocols and monitoring procedures.

Q 7. COVID vaksin bai bagarapim mipela?

A Ol vaksin sut ol saveman na dokta wokim long Europe, England na Amerika. Ol testim long planti tausan manmeri pinis. Ol i mekim dispela kain hatwok hariap bikos dispela COVID sik i kamapim wanpela emergency long olgeta kantri long wol. Yupela save, wanpela narapela virus sik i bin raunim wol long 1918, na 21 milien manmeri i bin dai. Yumi noken wet long dispela kain kamap gen olsem na wok blong kamapim vaksin bilong stopim COVID sik ol wokim hariap stret. Ol gavman bilong ol dispela kantri i tok orait pinis long ol pipol bilong ol i ken kisim vaksin sut. Na nau yet moa long 400 milien pipol long narapela kantri i kisim vaksin sut pinis.

Long ol narapela kantri we planti milien manmeri ol kisim pinis vaksin sut, gavman bilong ol i save was gut long wanwan i save gat side-effect or narapela samting kamap bihain long kisim dispela sut. Wanwan save kisim liklik skinhat, or pen long han we ol givim sut, or skin sikirap. Sampela long yupela nogut harim nius olsem long Europe 1 man insait long 1 million ol kisim sut ol kisim hevi long blut bilong ol insait long bodi bilong. Gavman sekim dispela na ol painimaut olsem dispela em ino hevi bilong vaksin sut. Olsem nau yet ol Europe lain, olsem France, Germany, Italy na Spain wok long yusim gen dispela vaksin sut long pasim sik long kantri bilong ol. Yumi PNG i no nid long wokim gen ol research o wok painimaut ol narapela kantri wokim pinis long en. Na tu yumi nogat kain laboratory long mekim sampela long ol dispela kain research tu. Sampela kuti lain long Facebook i

mekim dispela kain longlong toktok, ol i no save tru long wei ol dokta save mekim research, na ol mas tingting PNG lain i no manmeri long dispela graun olsem ol narapela lain?

Q 8. The COVID vaccines are being brought to PNG so that they can be tested on us PNGeans as 'guinea pigs'

A As of this week over 100 million doses of the vaccines have been rolled out in the USA – with minimal side effects and good efficacy, and in Europe 25 million doses have been given – including 15 million doses of the Oxford AZ vaccine. The protection against death and serious morbidity that these vaccines provides is between 65% and 95% - depending upon the vaccine and the type of COVID19 that you get.

This is why we convinced the Australians to help us get an advanced shipment of 8000 doses (that will arrive next week), because we desperately need to protect our front-line health workers, who are at enormous risk to themselves personally, and their families, by continuing to provide health and medical care. These doses will not be available to ordinary members of the community – your chance of getting the vaccine will be next month when the rest of the shipment allocated for PNG arrives. Of course, vaccination will be voluntary, but I would advice any person over the age of 18 years to be keen and jump at the opportunity to have their body's immunity boosted by this well researched, safe and effective vaccine.

If you decide not to get the vaccine and then you get sick from COVID19, you may reflect on your decision, but there is nothing we can do at this point to save you if you are destined for a serious morbidity or mortal version of the COVID19 disease.

Q 8. Sampela lain laik kisim COVID veksin i kam insait long PNG bilong testim long ol manmeri blong yumi – olsem mekim yumi kamap 'guinea pig' bilong ol.

A Long nau March 2021, i gat 397 milien manmeri long Amerika ol i kisim COVID veksin. Na olgeta kisim gupela banis long stopim sik na nogat planti tru ol i kisim wanpela kain side-effect. Na long Europe 40 million manmeri ol i kisim veksin sut pinis – na planti ol kisim kain veksin (Oxford AZ wan) we bai yumi kisim long PNG. Gavman bilong Australia nau start pinis long givim 20 milien veksin sut long pipol long stopim dispela sik long hap. Dispela veksin sut i save stopim sik gut stret; i stopim long planti, na sevim laip bilong olgeta – olsem yu no inap indai tru long dispela COVID sik sapos yu kisim veksin.

Gavman bilong yumi i bin singaut long Australia long halivim mipela long sampela veksin (inap long 8000 dokta na nes i ken kisim) mas kam kwik long stopim COVID sik i wok long bagarapim planti ol wokman long hausik. Bihain bai i gat sampela moa veksin i kam, na ol ples manmeri i ken gat sans long kisim tu. Ol dokta i tokaut strong olsem, taim veksin kam plis husat em i



winim 18 yia, gutpela long kam kisim, na pasim COVID sik long go long yu.

Q 9. The COVID vaccines are not necessary in PNG at this time

A An MP passed away from COVID19 this week, 20 doctors at PMGH have tested positive and some of them have serious disease and have needed oxygen therapy to assist breathing, (as well as many other members of the community), - 40 of whom have now died (this is an increase from just 10 last month). We are in an exponential upsurge phase of this deadly infection. We can try and slow it with some partial lockdowns, SOEs and rigorous application of 'niupela pasin', but it will continue to rage for months to come. There might be enormous spikes of infections in Wewak and Port Moresby because of the super-spreader event that we had participated in recently. The coming weeks and months will be crucial.

The vaccine will provide protection to vulnerable people, - ie front line health workers, those over the age of 55 years, those with co-morbidities (like raised BP, impaired glucose tolerance, obesity, smokers, TB, HIV etc.) One problem for us in PNG is that many people do not know if they have raised blood pressure, glucose intolerance, or have taken note of what their BMI is. I would urge everybody to stop smoking, and if you are over the age of 40 years, get a blood pressure and blood glucose check. You can work out your own BMI by dividing your height in metres squared into your weight in Kg; if your BMI is more than 25, stop eating rice na olgeta gris kaikai, drinking store drinks, and start doing exercise to reduce your weight with healthy garden food based diet, and exercise to lose weight down to your ideal weight.

And if there are enough doses of the vaccine, then younger people may also get the chance to receive the vaccine too, because you have a low risk of serious morbidity or death there is still a small chance (see the statistics of risk quoted in point 1 above).

Q 9. Yumi no nidim sut marasin long PNG nau

A Wanpela memba bilong PNG palimen i bin dai pinis long COVID sik long las wik. 20pela dokta bilong Pot Mosbi General Hospital i bin test positive na sampela bilong ol i painim bikpela bagarap na nidim halivim long oxygen long kisim win. Las mun long PNG i gat 20pela manmeri i dai long COVID sik. Sik i wok long kamap bikpela na yumi inap traim pasim wantaim ol "lokdaun" o ol SOE (Steit of Emegensi) or long bihainim gut "niupela pasin", tasol sik bai go yet inap long planti mun. Inap bai yumi gat planti sik i kamap long Wewak na Pot Mosbi bikos long ples we planti manmeri i bin bung wantaim long haus krai long Gren Sif Sir Michael Somare. Namba 4 mun bai kamap mun nogut bilong dispela sik long PNG.

Sut veksins marasin bai halivim tru ol lain husat i bungim dispela sik COVID long wok bilong olsem ol helt woka, o husat i winim 55pela yia, or husat i gat sampela arapela sik, kain olsem hai blut presa or sik suga, o fatpela tumas, or husat i save smuk, o i gat TB or HIV. Wanpela



problem olsem em olsem planti manmeri long PNG ol i no save olsem ol i gat hai blut presa or sik suga. Gutpela husat i save smuk em mas lusim, na sapos yu winim 40 yia yu mas go long klinik na sekim blut presa or suga long blut or pispis bilong yu. I gat skel ol i kolim BMI em namba yu kisim taim yu divaid hevi bilong yu long kilo wantaim hait bilong yu long mita (olsem skwea mita). Sapos BMI bilong yu i winim 25 yu overweight, gutpela yu lusim kaikai rais na gris kaikai na dring bilong stoa olsem Coke na Fanta na bai yu esasais na lus weit.

Plantl yangpela ol i no save bagarap tumas long dispela sik COVID. Tasol sampela wanwan i save painim hevi long dispela COVID sik. Sapos bai i gat inap veksins marasin, orait ol yangpela ol i ken kisim tu.

Q 10. The COVID vaccines are 'not effective'.

A All the COVID19 vaccines are VERY effective, - in fact the protection given is between 65 and 95% (see above). The research is clear. It amazes me that intelligent people with access to the internet just use it to access conspiracy theories and porn, and do not bother to look at the world-wide evidence about things that could mean the difference between life and death!

Sorry, getting a bit frustrated here with some of my compatriots. Health workers are risking their lives to continue to provide health services, and many people are just spending their time on screens accusing us of unethical practice, criminal and corrupt misuse of government funds and putting forward false, ridiculous, unfounded conspiracy theories for which there is no evidence.

Q 10. COVID sut marasin i nogat strong.

A Olgeta COVID sut veksins marasin i gat bikpela strong inap long stopim sik na i ken banisim bodi, olsem 65% or 95% banis - na manmeri i no inap kisim sik. Ol saveman i sekim gut na tokaut pinis. Mi save tingting planti long olsem wanem lain i gat bikpela skul na save long kompiuta, na tingting bilong ol i save paul na ol laik lukim ol rong samting tasol long internet. Moa beta ol i mas luksave long planti hap long wol we sut veksins marasin i bin halivim ol long winim dispela sik na ol i no dai.

Mi les tru long sampela ol lain PNG bilong yumi. Ol helt woka i givim laip bilong ol long mekim helt sevis i ken go het. Na sampela lain ol i wok long go long sosial midia na bagarapim nem bilong mipela long ol giaman tok o long ol giaman tingting i nogat as long en.

Q 11. Are we going to have vaccine options for people to choose from in PNG?

A PNGeans should be reassured that all around the world people are not being offered choice of vaccine type. Either you get the vaccine that is available at the time, or there are national protocols for the use of one or two vaccines. In India you only get AZ vaccine, in UK and Australia it is AZ vaccine for older people and Pfizer for younger ones, in the USA it is Moderna or J&J or AZ depending upon availability in the place (State) you live.

There are basically two types of COVID 19 vaccines that have been produced. mRNA vaccines that deliver a protein (that mimics the virus

infection) to our immune cells, this provokes them into producing neutralizing antibodies against the virus. And vector vaccines that use a harmless and deactivated virus to which has been bound the COVID spike proteins. Our immune cells then start making neutralizing antibodies against the spike proteins of the COVID 19 thereby preventing natural infection. The mRNA vaccines need to be stored at -70 degrees; we only have one fridge in PNG (at the Institute of Medical Research in Goroka) that can store at this very low temperature. Therefore, mRNA vaccines (like Pfizer and Moderna) will not be feasible for vaccine roll out in PNG. The Oxford AZ vaccine can be stored well at normal vaccine storage temperatures: this is the main reason that it will be used in PNG. This is not a problem as research shows that Oxford AZ vaccine is one of the most effective.

Q 11. Bai yumi gat kainkain COVID 19 vaccine lo PNG we ol manmeri iken choosim wanem kain vaccine bai ol kisim?

A Lo olgeta kantri ol wanwan manmeri ino save gat tok lo wanem kain vaccine bai ol kisim. Bai ol kisim wanem kain vaccine gavman itok bai ol inap lo kisim, or bai ol kisim wanem vaccine em istap lo ples ol stap longen. Lo Australia na UK sapos yu lapun bai yu kisim Oxford AZ vaccine, sapos age blo yu unanit lo 50years, bai yu kisim Pfizer. Lo India bai yu kisim Oxford AZ vaccine tasol, na lo USA bai yu kisim Moderna, J&J or Oxford AZ, - sapos wanem kain vaccine istap lo ples (State) yu stap longen.

Sampela vaccine igat narapela kain maresin insait, tasol olgeta COVID vaccine isave mekim bodi blo yumi kamapim strong lo stopim desala COVID sik. Sampela vaccine imas stap lo bokis ice kol nogut tru (olesem -70 degrees); kain bokis ice yumi nogat lo PNG. Ol desala vaccine bai hat lo umi lo usim lo PNG. Oxford AZ vaccine emi orait lo normal bokis ice we yumi save putim ol narapela kain vaccines yumi save usim lo bebi klinik.

Q 12. What should you expect to feel when you get your COVID vaccine injections?

A About 30% feel only the prick of the needle and nothing much at all later on. About 30% get a bit of pain and swelling at the injection site, and 30% get a few days of fever or feeling unwell (lethargic) or swollen glands under the upper arm (armpit). If you get any unpleasant symptoms after your vaccine injection you should take 2 Panadol and have a rest for a couple of days. Only about 1 out of 200,000 vaccine injections will get a blood clot problem. As we are only planning to give about this number of total vaccinations we should only expect about one person to get this problem. And as only one person in 1 million vaccinations actually die from the blood clot problem, we should not expect any deaths at all in PNG from vaccine related blood clots.

Q 12. Bai yu pilim olsem wanem taim yu kisim COVID vaccine sut blo yu?

A Sampela (one third) ino save pelim tru wanpela samting bihain lo kisim vaccine sut. Sampela (one third gen) isave pelim liklik pen na swelap lo ples blo sut, na em bai pinis lo 2-3 days. Sampela wanwan (one third gen) isave pelim sampla feva (kain olesem sikmalaria) or swelap unaninit lo han (armpit). Sapos yu pelim pen or sik liklik, yu ken kisim tupela Panadol na malalo lo 1 -2 days. Desala blud clot complication isave kamap tasol lo wanpela namel lo 200,000 manmeri ikisim vaccine. Gavman itingting lo gipim 200,000 nabaut vaccine sut; Kain olsem wanpela man or meri bai kisim blud clot problem. Aiting inogat wanpela

bai indai, kos lo ol narapela kantri wanpela namel lo 1 million indai lo desala blud clot complication – na luk olesem yumi no inap givim vaccine lo 1 million.

Q 13. Why are some younger people being advise against getting Oxford AZ vaccine in Australia and some other countries, and offering the younger people another vaccine like Pfizer?

A The answer to this question is all about risk analysis. I see in PNG that many people have a very poor understanding of statistical risk; most people make personal decisions based upon what has happened to themselves in the past, or what has happened to a relative or wantok in similar circumstances.

Risk in the COVID 19 epidemic is very dependent on whether there is COVID transmission in your community and a little bit on whether there are vaccine options available. If the risk of getting COVID 19 is high (as it is in UK and PNG) then the risk of the disease is much more than that of any rare serious side effects of the vaccine. The risk of getting a blood clot side effect is 1 out of 200,000 people vaccinated, and chance of dying from this clot problem 1 out of 1 million (ie one fifth of those who get the blood clot problem die). If you get COVID 19 severe disease, then your risk of getting a life threatening blood clot is 16% (ie 1 in 8, and again one fifth of these patients will die = 1-2% or 10,000 per 1 million seriously ill COVID patients). So risk analysis is clear – 1 out of 1 million of vaccinated people may die from vaccine side effects, and 10,000 out of 1 million people who get sick from COVID 19 may die from complications of the disease if you do not get vaccinated. So the ‘choice’ is between the risk of dying 1 out of 100 (unvaccinated), and 1 out of 1 million if we get vaccinated. If we go into more details of the risk analysis, the chance of dying from COVID 19 disease is greater if you are older, and the chance of getting blood clot side effects is a little bit more if you are a younger female. See below from some relative risks of getting blood clots comparing COVID vaccination, taking the FP pill for one year, smoking for 1 year and getting COVID 19 disease. Best not to get COVID infection (ie get vaccinated to prevent getting COVID disease), and do not smoke. [The risk of pregnancy itself is much greater than taking the FP pill to prevent pregnancy.]

However, all this risk analysis is not very relevant to PNG because

- In PNG we will only have about 1 million doses of the vaccine available for our population of 10 million (ie. enough for only 10% of our population).
- The priority groups to be offered the vaccine to begin with will be front line health workers, older people (over the age of 50 years), and people with risk factors (diabetes, blood pressure problems, heart or lung disease of any age).
- If the above people do not use up the all the doses of vaccine available, then it will be possible for younger people who want to get vaccinated to come and get it.

Q 13. Olsem wanem lo Australia na sampela narapela kantri, gavman blo ol i tokim ol yanpela (aninit lo 50 pela krismas lo Australia na 30 pela krismas lo UK) maski lo kisim Oxford AZ vaccine na oli ken kisim narapela kain vaccine olsem Pfizer?

A Em hat liklik lo toksave klia lo desala samting lo TokPisin. Em kain olsem 'laki' ia. Planti lain lo PNG ino klia gut lo mathematics nan amba. Planti lain just lukim wanem samting kamap lo laip blo ol yet or lo laip blo famili na wantok - na tingting olesem, em tasol ia bai kamap lo mi narapela taim. Sens blo yu lo kisim COVID19 sik, em moa sapos igat planti lain igat desala sik lo komuniti or ples yu stap longen. Sapos yu kisim vaccine pinis, sens blo yu lo kisim COVID19 sik em igo daun olgeta. Lo PNG bai yumi gipim Oxford AZ vaccine lo lain winim pinis 50 years na lo ol lain wok lo hausik, na any lain igat narapela kain sik we ol inap lo kisim bigpela sik or indai sapos ol kisim COVID 19 - kain olesem diabetes (siksuga) lain, blud pressure antap or heart or lung sik lain (asthma, TB, smoklain igat stronpela kus). Lo ol desala lain sens blo kisim bikpela side effect or problem lo vaccine emi liklik olgeta - kain olsem wanpela namel lo 250,000 manmeri kisim vaccine. Tasol, sapos yu lapun or siklain na yu no kisim vaccine, na yu kisim COVID19 sik bikpela sens lo indai lo blud clot or sotwin - kain olesem 16% or wanpela namel lo 8pla lain ol kisim COVID19 sik.

Pepa daunbelo lukim kain sens lo kisim blud clot: liklik stret lo kisim vaccine (1 out of 250,000 manmeri kisim vaccine), liklik stret lo kisim famili plening pills (1 out of 2000 meri dringim pills lo lonpela taim). Tasol sens lo indai lo pregnancy complications or problem lo PNG emi moa bikpela lo kisim famili plening pills, na ol narapela famili plening methods (olsem Depo sut or Implant gumi) inogat problem inap meri kisim bikpela sik. Na sens blo indai lo bludlcot kamap lo smoke em wan namel lo 500 smok lain, na lo COVID19 sik ol kisim bludclot, em wan namel lo 8pla tasol: bikpela sens stret.

Toktok tumas lo problem blo Oxford AZ vaccine ino samting tumas blo yumi lo PNG, bikos bai

- Yumi gat 1 million dose vaccine tasol, kain olesem inap lo 10% lo population blo yumi
- Yumi bai kisim vaccine lo ol lapun (winim 50 yia), or helt woka, or lain ol gat sampela sik pinis (olsem siksuga, or bludpressa or strongpela kus lain); ol desal lain ino inap lo kisim vaccine problem tumas
- Sapos ol desala lain antap ino inap lo pinisim ol vaccine, bai yumi ken oferim sampela dose lo ol narapela - olsem lo ol lain ino kisim 50 yia yet.

Q 14. Inap vaccine sensim DNA lo bodi blo yumi, or putim mak blo Satan igo insait ?

A Vaccine ino inap long sensim DNA or bodi blo yu. Noken bilip lo giaman blong ol Satan lain, or desala kain lain ol save tingting waitman em antap na blakman em daunbelo na gutpela sapos ol blakman indai

natingnating (White Supremacists). Vaccine isave halpim ol immune cell lo bodi blo yu lo gat save lo wokim antibody maresin lo stopim COVID sik. Em tasol.

So, olesem wanem ol desala longlong waitlain iwok lo trai lo mekim ol blakman iporet lo kisim vaccine? Kain olesem, sapos ol blakman bilipim ol desala giaman olesem vaccine emi nogut, na ino kisim vaccine – planti lo ol bai indai lo COVID sik ia, na ol desala waitlain bai hamamas.

Na olesem wanem na ol Satanist wok lo traim stopim ol Christian lo kisim vaccine? Wankain lo antap ia, na tu, ol laik soim olesem ol gat powa lo mekim sampela Christian bihainim tok blo ol. Ol desala PNG ibilip lo desala giaman olesem vaccine bai putim Satan igo insait lo bodi – ol kain lain bilip nating lo kainkain toktok, or igat bilip tumas lo sanguma. Tru Christians bai igat bilip olesem God isave gipim save lo ol saveman na dokta lo kamapim samting ol halpim sik blo manmeri lo desala graun olesem Jesus mekim lo planti miracle blo em, - bikos olgeta gutpela save lo halpim yumi ikam lo God.

Q 14. Can the vaccine alter our DNA and cause us to become robots or directed by Satan?

A The vaccine cannot change the DNA of your cells. Do not believe the conspiracy theories being propagated by overseas White Supremacist and Satanic groups that are saying these things. They are just not true. The vaccine just gives a memory to your immune cells to make neutralizing antibodies that protect you against COVID 19 infection – em tasol.

So why are why are White Supremacist groups trying to convince black people to be anti-vaccination? This is because they are hoping that black people will not get vaccinated and therefore not be protected against this virus – if they succeed, then many more black people will die when the virus really gets into Africa, Asia and PNG ! (Already millions are dying in India.)

And why are the Satanists trying to convince Christians not to get vaccinated? This is because they want to show that Satan is a strong force that can take over people even when they claim to be Christians. Those PNGeans who believe the lie of the Satanists that the vaccine can put Satan into you – are just gullible people with a superstitious kind of belief. True believers of the Christian faith will have faith in the intelligence and inventions of scientists and doctors: because all things that medical science produces for the good of humanity come from God.



Tingim future bilong yumi, *LUKAUTIM* *YU YET* *PASTAIM*



Wasim han olgeta taim,
taim yu raun lo taun o
taim yu raun autsait lo haus.
Wasim han olsem wanpela 20
seconds.



Olgeta taim yu laik raun lo taun
o go long wanpela bung, plis werim
face mask olgeta taim. **WERIM GUT LO PES
BILONG YU.**



Taim yu raun long ol hap wea i
gat planti manmeri, traim na
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Sapos yu pilim skin hat
wantaim sot win na strongpela
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Harim news tru tru bilong dispela sik.
Dispela buk em i wanpela gutpela buk wea
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