

Know

Know if you're at high risk of becoming very sick from COVID-19 so you can be prepared if you test positive.⁴

Plan

Make a plan with your pharmacist, GP, or hauora provider before COVID-19 strikes. If you are at high risk you may be eligible for PAXLOVID, a COVID-19 antiviral medicine you can take at home.¹

Go

Tested positive for COVID-19? It's time to call your healthcare provider and put your plan into action. If you're eligible, PAXLOVID is fully funded.¹⁰

Are you at high risk for severe COVID-19?

Find out by taking the quiz at www.knowplango.co.nz or scan the QR code.



Health Checklist

This form acts as a handy health checklist. Fill it out now and discuss with your healthcare provider to determine whether PAXLOVID is right for you in case you test positive for COVID-19. Download the form now at www.knowplango.co.nz or scan the QR code.



Paxlovid®
(nirmatrelvir 150 mg tablets | ritonavir 100 mg tablets)

PAXLOVID® (nirmatrelvir 150 mg/ritonavir 100 mg) film-coated tablets.

PAXLOVID is a prescription medicine for treatment of COVID-19 in adults who are at increased risk of progression to hospitalisation or death. PAXLOVID has risks and benefits. Use strictly as directed. Ask your doctor if PAXLOVID is right for you. Do not take PAXLOVID: if you are allergic to nirmatrelvir and/or ritonavir or any of the ingredients; with certain other medicines that may cause serious or life-threatening side effects or affect how PAXLOVID works; if you have or have had severely reduced liver or kidney function. Use with caution with other medicines; pre-existing liver or kidney diseases or problems; pregnancy; lactation; PAXLOVID contains lactose. Possible side effects include vomiting; diarrhoea; headache; high blood pressure; aching muscle, muscle tenderness or weakness not due to exercise; changes in taste or a metallic taste in the mouth; severe allergic reaction; signs and/or symptoms of allergic reaction include rash, itch, development of hives, swelling of the face (or of the tongue, lips, eyes, throat), feeling breathless, light-headed or dizzy, feeling unwell, nausea, abdominal pain, raw, painful and/or peeling of the skin, blisters, sore throat or mouth, or fever. If symptoms continue or you have side effects, see your doctor, pharmacist or healthcare professional. V10423.

PAXLOVID is a fully funded medicine – restrictions apply. Normal doctor's fees may apply dependent on access criteria eligibility.

The COVID-19 booster is a prescription medicine. All medicines have risks and benefits. Speak to your healthcare professional to see if the booster is right for you.

References: 1. PAXLOVID® New Zealand Data Sheet. 2. Pharmac. Pharmac widens access for COVID-19 antiviral treatments. Available at: <https://pharmac.govt.nz/news-and-resources/news/2022-07-14-media-release-pharmac-widens-access-for-covid-19-antiviral-treatments/?page=2>. (Accessed October 2023). 3. Pharmac. Pharmac simplifies criteria for COVID-19 antiviral treatments. Available at: <https://pharmac.govt.nz/news-and-resources/news/2022-09-12-media-release-pharmac-simplifies-criteria-for-covid-19-antiviral-treatments/> (Accessed October 2023). 4. Pharmac. COVID-19 antivirals: Access Criteria. Available at: <https://pharmac.govt.nz/news-and-resources/covid19/access-criteria-for-covid-19-medicines/covid-antivirals/> (Accessed October 2023). 5. Centers for Disease Control and Prevention. Clinical spectrum of SARS-CoV-2 infection. Available at: <https://www.covid19treatmentguidelines.nih.gov/overview/clinical-spectrum/> (Accessed October 2023). 6. Unite against COVID-19. Prepare & stay safe. Available at: <https://covid19.govt.nz/prepare-and-stay-safe/protect-yourself-and-others-from-covid-19/> (Accessed October 2023). 7. Unite against COVID-19. COVID-19 vaccine boosters. Available at: <https://covid19.govt.nz/covid-19-vaccines/covid-19-vaccine-boosters/> (Accessed October 2023). 8. Havers FP, et al. *JAMA Intern Med.* 2022;182(10):1071-1081. 9. Unite against COVID-19. Medicines to treat COVID-19. Available at: <https://covid19.govt.nz/testing-and-isolation/if-you-have-covid-19/medicines-to-treat-covid-19/> (Accessed October 2023). 10. Te Whatu Ora. Free antiviral medicines to treat COVID-19. Available at: <https://covid19.health.nz/advice/i-have-covid-19/medicines-treat-covid-19#how-to-get-antivirals> (Accessed October 2023).

Further product information and Consumer Medicine Information (CMI) can be obtained from www.medsafe.govt.nz, Pfizer New Zealand Limited, Auckland, www.pfizermedicalinformation.co.nz or phone 0800 736 363. PAXLOVID® is a registered trademark.

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UNSURE IF YOU'RE AT HIGH RISK FOR SEVERE COVID-19?

KNOW for SEVERE COVID-19
if you're at HIGH RISK

PLAN AND BE ready.

if you TEST POSITIVE,
GO. ACT FAST*

*PAXLOVID® (nirmatrelvir/ritonavir) must be started as soon as possible, within 5 days, after COVID-19 symptoms start.¹

Check your risk at www.knowplango.co.nz

**Know
Plan
Go** →

Know

It begins with learning if you have a high-risk factor.

In New Zealand, around 1 million people are at high risk of severe COVID-19.^{2,3}

There are a number of factors that can put you at higher risk of getting very sick from COVID-19, including if you:⁴



Are older



Have certain ongoing medical conditions



Are of Māori or Pacifica ethnicity



Are unvaccinated

Having high-risk factors can cause your mild COVID-19 symptoms to quickly become severe.⁵

For the full list of people at high risk of severe illness from COVID-19 please speak to your pharmacist, GP, or hauora provider or scan the QR code.



COVID-19 vaccine boosters

One of the most effective ways to help protect you, your whānau, and community from severe COVID-19 is to get vaccinated and have the booster doses you are eligible for.^{6,7}

Having COVID-19 does not provide the same level of immunity as getting vaccinated.⁷

To find out if you're eligible for a COVID-19 booster dose speak to your healthcare provider or scan the QR code.



Plan

Prepare ahead in case COVID-19 strikes.

Making a plan before testing positive for COVID-19 is important – especially if you're at high risk, and even if you're vaccinated against COVID-19 and have had all the booster doses you're eligible for.⁴

Being prepared includes staying up-to-date with any COVID-19 booster doses you're eligible for, as the risk of hospitalisation is greater in those who haven't had their booster.⁶⁻⁸ You can speak with your healthcare provider about whether you're eligible for a booster dose.



Paxlovid[®]
(nirmatrelvir 150 mg tablets | ritonavir 100 mg tablets)

COVID-19 antiviral medicines

COVID-19 antivirals can reduce how long you are sick for and how sick you may get with COVID-19.⁹ PAXLOVID is an oral antiviral medicine used to help treat COVID-19 in adults who are more likely to get very sick from COVID-19, end up in hospital, or even die.

Taken within 5 days of symptoms appearing, PAXLOVID can help reduce your risk of a hospital admission or dying from COVID-19 by up to 86%.¹

If you think you or a family or whānau member may be at high risk for severe COVID-19, make a COVID-19 preparation plan with your healthcare provider and ask about booster dose and PAXLOVID eligibility.

Go

Tested positive for COVID-19? It's time for action!

If you have symptoms of COVID-19, get tested even if they're mild, don't wait.

Act quickly after you test positive by contacting your healthcare provider and, if appropriate, starting PAXLOVID.

PAXLOVID can be taken at home and **must be started within 5 days** of symptom onset to reduce the risk of getting very sick from COVID-19.¹ It's fully funded for eligible people and can be delivered to you by your friends, whānau, or pharmacy.¹⁰

For more information about PAXLOVID:

- Speak with your healthcare provider.
- Download the PAXLOVID Consumer Medicine Information leaflet from www.medsafe.govt.nz or ask your healthcare provider for a copy.

