

WHAKARITEA MŌ TE COVID-19 GET COVID-19 READY



E kore te matau e rawe ki te moana takai ai, engari anō a uta. It is not proper to prepare the hook at sea, rather it should be done on shore.

Now that COVID-19 is in the community, one of the best things we can do e te whānau is be prepared and learn to live alongside it.

USEFUL NUMBERS

Covid-19 Healthline 0800 358 5453

Te Piki Oranga 0800 ORANGA (672 642)

Te Kotahi o Te Taihū Trust 0800 514 358

Financial assistance for kai 0800 559 009

Whānau Ora 0800 187 689 (Te Waipounamu)

Mental Health Helpline Free call or text 1737

Plunketline 0800 933 922

GP _____

Pharmacy _____

NGA MAHI MĀMĀ THE BASICS

- Wear your mask.
- Scan-in everywhere you go.
- Wash, wash, wash and sanitise your hands often.
- Keep your distance – social distancing helps prevent the spread of COVID-19.

- Top up your phone data so you can stay connected.
- Are there any other existing health or mental health needs to consider?
- For whānau with pēpi in the whare, there's nappies and baby formula to think about.
- You will need cleaning supplies.
- Have details like your NHI number on hand, too.

WHAKAMAHERE PLAN

- Sit down with whānau and set the tikanga for your whare.
- Is there someone who can help deliver supplies to you if you are required to self-isolate? Do you have a caravan or tent you could use?
- How do you let manuhiri and neighbours know not to come in? What's your system? A note at the door? A text?
- Make a Whānau Plan.
- How can you prepare your whare? Work out which areas are shared, and which are isolation areas. Make sure there is good ventilation.

HE AHA I MURI? WHAT NEXT?

- If you feel like you might be getting the flu, have had contact with a COVID-19 case or have been at a location of interest, **isolate from the rest of the household immediately call the COVID-19 HEALTHLINE on 0800 358 5453** (open 24/7). They'll talk you through all the next steps.
- You will be assigned a health contact person and you can choose if you want a kaupapa Māori provider. Your contact person will be in touch often.
- Don't panic. The best thing you can do to protect yourself and your whānau is to get vaccinated.
- If you are living alone, make sure you let friends and whānau know so they can support you.
- Your contact person will make sure you have enough kai, supplies and that you are getting the right medical attention if needed.
- Get plenty of rest, healthy kai and fluids.

WHAKARITE PREPARE

- Think about your kai supplies and make sure you have plenty of fluids on hand. Stock the freezer with things like soups or stews or boilup – things to have when you feel sick.
- What role could karakia or waiata play in helping you get through?
- Medications are really important too – have you got enough on hand?



TE KOTAHĪ O TE TAIHŪ
Charitable Trust

RAUTAKI Ā WHĀNAU WHĀNAU PLAN



Use this Rautaki Whānau to help you prepare. Keep it handy and make sure all whānau members know what the plan is. Whānau, if you are feeling alone or are unsure about what to do, that is OK – please don't be whakamā. There is support available.

We are the _____ whānau.

Emergency contact(s):

People who can help us if we need to self-isolate:

People we can help:

SELF-ISOLATION

Is it possible for all of us to isolate together?

Yes No

If no, is there another option?

Note, if you are unable to self-isolate at home, accommodation will be provided by primary health authorities.

Think of some things you can do to limit the spread of COVID-19 within your home:

TAMARIKI

If you become sick, who will care for your tamariki or mokopuna?

CHECKLIST

Be prepared to be at home for two weeks.

- | | |
|-----------------------------------|---|
| <input type="radio"/> Kai | <input type="radio"/> Gloves |
| <input type="radio"/> Medications | <input type="radio"/> Toilet paper |
| <input type="radio"/> Baby needs | <input type="radio"/> Hand sanitiser |
| <input type="radio"/> Masks | <input type="radio"/> Rubbish bags |
| Anything else? (list below) | <input type="radio"/> Cleaning products |

THINGS TO HELP YOU THROUGH

- Tissues
 - Paracetamol
 - Heat and cool packs
 - Ice blocks
 - Electrolytes
 - Vicks or eucalyptus for steaming
 - Saline nasal rinses/sprays
 - Kawakawa or other balm
 - Throat spray/lozenges
 - Extra pillows and blankets
 - Warm clothes
 - Vitamin C
- Anything else? (list below)

ORANGA

Have a kōrero and list some things that you could do to look after your wellbeing.
