

Kete Whānau.

**Safely navigate your whānau
through COVID-19 in our rohe.**



Mahere whakarite

Get ready check-list

Taking some small steps now can make a big difference if someone in your whānau, whare or marae tests positive for COVID-19.

Kōrerotia - Talk about it



- What would it mean for your whānau and or whare if someone was to test positive for COVID-19?
- What would the people in your whare need if you were not able to leave the whare for 10 days or longer?
- It is usually best if people who are positive try to isolate away from others in the whare if possible. What might this look like for your whānau/ in your whare?
- It may be helpful to have a main person in your whare to act as the first point of contact when dealing with health, or manaaki or support services. This can help avoid unnecessary delays and or mix ups. Who might that be in your whānau or whare?
- Who are the people outside your whare, who might be able to help tautoko your whānau or whare if you had to isolate at home e.g to drop things off outside your door if needed?



Tuhia - Write down

- The names and contact numbers of the most vulnerable people in your whānau and who will regularly check in with them
- How you will notify whānau, friends and neighbours if someone gets COVID-19
- Essential household tasks and details so anyone can do them. Things like paying bills, doing the shopping, caring for tamariki or taking care of pets.



Mahia - Do

- Prepare an isolation space in your whare. (This means a separate bedroom and bathroom if possible)
- If this isn't possible and someone tests positive, let the medical team know so they can support you
- Shop for kai and hygiene products. Other than kai and wai, what else is essential for your whānau?
- Get vaccinated.
- Try to have a few weeks' supply of any regular medications for all whānau members if possible at all times. It can also be helpful to have a stock of tissues and medications like paracetamol, pamol, throat lozenges and other whānau favourites like chest-rub, vitamins on hand just in case.



Mahere whakarite

Kohia ngā mea waiwai Stock up on essentials.

Get ready check-list

It's a good idea to check your cupboards to see what you might need. Support is available for those who need it.

Kai

- Canned: beans, tomatoes, spaghetti, tuna, fruit and vegetables
- Staples: flour, sugar, rice, butter, oil
- Dried: pasta, oats, cereals, lentils, noodles, milk powder

Hygiene

- Disinfectant
- Cleaning products: dishwashing and laundry detergent, bleach, surface cleaners, cream cleanser, antiviral detergent
- Rubbish bags
- Paper towels
- Hand sanitiser
- Toiletries: soap, shampoo, toothpaste, toilet paper, tissues, sanitary products

Medication

- Over the counter medication such as pain relief, pamol for pēpi and tamariki
- Decongestant chest rub, cough syrup, lozenges
- Back up prescription medication such as inhalers, glasses and contact lenses
- Up-to-date first aid kit

Pēpi

- Pēpi supplies such as formula, wipes, nappies, rash cream

Pets

- Wet and dry pet food / Pet medication

He aha te āhua o te KOWHEORI-19?

Common COVID-19 symptoms are similar to a cold or flu.

What does COVID-19 look like?

Most common symptoms

- New or worsening cough
- Sneezing
- Runny nose
- Fever
- Temporary loss of smell or altered sense of taste
- Sore throat
- Shortness of breath

Less common symptoms

- Diarrhoea
- Headache
- Muscle aches
- Nausea
- Vomiting
- Malaise
- Chest pain
- Abdominal pain
- Joint pain or confusion/irritability.

It is still possible to get COVID-19 if you are vaccinated, however you are protected against getting seriously sick.



Mā te mahi tahi tātou e ora ai

**Together
we can get
through this**

**Take time now to prepare,
so if your whānau gets māuiui,
you know what to do to contain
the spread of the virus.**



1

Get vaccinated.



2

If symptoms appear, self-isolate straight away.



3

Call Healthline on 0800 358 5453 for advice.



4

Get tested



5

**Tell your close contacts that you're self-isolating,
(at home or in quarantine)**



6

Stay in isolation until you are cleared.

Kōrero kano āraihanga mate

Vaccination information

Vaccines are our best defence against COVID-19

Protect yourself and help reduce the risk of passing on COVID-19 to your whānau, friends and community.

The COVID-19 vaccine works by teaching your body how to fight the virus.

A booster vaccination is needed after 6 months. (Note: this time frame may be changed.)



A healthcare worker will do a health check, answer any pātai, and get your consent to vaccinate.



The vaccine will be injected into your upper arm.



Wait 15 minutes. Then you can carry on with your day.



21 days later, get your second dose.



6 months later, get your booster dose. (time frame may change)

What are the side effects?

Like all medicines, the vaccine may cause some side effects in some people. These are usually mild and are a good sign that your immune system is learning to fight the virus. Some common side effects are:

- Sore arm
- Feeling tired
- Headaches
- Feeling feverish or sweaty

Remember to drink plenty of water and be kind to your body.

If you are worried about how you feel after receiving your vaccine, speak to your GP, healthcare provider or call healthline on **0800358543**.

Visit [karawhina.nz](https://www.karawhina.govt.nz) to find all the vaccine clinics that are close to you, including kaupapa Māori centres.



Whakamohao Isolation.



If you are COVID-19 positive, or have been in close contact with someone who is, it is important that you isolate for the health and safety of your whānau and friends.

The health team caring for you will assess whether you are eligible to isolate at home. This means you will need to self-isolate in your whare for at least 10 days and not allow any manuhiri to the whare until you have been cleared by a health care professional.

Noho whakamohoao ki te kāinga

Self isolation at home

What to expect when self-isolating at home

Requirements for isolation at home

- A separate room for you to isolate
- Adequate ventilation in the whare
- A separate bathroom
- Accessible for the health team
- Ability to ensure zero contact with high-risk people living in the whare

Six things you need to know when isolating at home:

- You can call 111 and leave your house in an emergency situation or if you have any immediate concerns about your health and or safety of that of someone in your household. Please let any services or people who might be assisting you know that you have been isolating or are COVID positive, so that they can take precautions like wear protective equipment.
- If you need medical or welfare assistance, call your health provider and/or kaimanaaki, explain your situation, and follow their advice.
- Call mahi, kura, friends and whānau to tell them your situation. See the contact list for financial support options
- Hang the poster on page 19 on your front door to let manuhiri know you're self-isolating
- Order items online or ask whānau and friends to drop off essentials in a contactless way.
- COVID-19 spreads easily indoors. Limit time together, ventilate your whare by opening windows and do not share any items such as cutlery, linen, kai or inu.

Noho whakamohoao ki te kāinga

What to expect when self-isolating Hauora Checks

Self isolation at home

Kauraka e āwangawanga (don't feel nervous, concerned or unsure). You'll have a kaimanaaki (navigator/designated support person) to support and guide you throughout your self-isolating journey.

**Within
24
hours**

Hauora checks will be ongoing dependent on your symptoms and recovery. Low risk/mild symptoms: monitored every other day via telehealth. Moderate symptoms: daily virtual health check from your health provider.

**Within
48
Hours**

Receive your self-care and recovery care pack.

**48
hours
plus**

Hauora checks will be ongoing dependent on your symptoms and recovery.

**Within
10-14
days**

Everyone in your whare will need to isolate. Once the last case has been released from isolation, the remaining members of the household will have a further period of 10 days in isolation. This means they will need to isolate for longer than you, as they may contract COVID-19 after you

**10-14
days
plus**

You will have a health assessment by a medical practitioner at 10 to 14 days (the timing depends on whether you are vaccinated).

You will need to be free of COVID-19 symptoms for 72 hours prior to your release date and continue to have no symptoms. If approved, you will be able to leave your house the next day.

You do not need to be tested again. If you did, the result would likely show as positive but that doesn't mean you are infectious.

Remember if at any time you need urgent medical help or are having difficulties breathing, call 111 immediately.

Whakataratahi

Managed Quarantine



**If you cannot safely self-isolate at home,
you will be moved into a managed quarantine
facility.**

**This is the best way to stop the virus spreading
to others in your whare, and to ensure you are
well looked after.**



Whakataratahi

Managed Quarantine

What to expect In managed isolation / Quarantine.

Managed isolation and quarantine facilities are staffed by a team of health professionals.

If one person in your whare tests positive, everyone must self-isolate and you can choose as a whānau if:

- You all move to a managed quarantine facility together
- The COVID-19 positive person goes into managed quarantine facility alone, while the others self-isolate at home

There is no cost for quarantine or the care that you receive during your stay.

When can you leave?

You are required to stay in managed isolation until you have been confirmed by a health practitioner to be a low risk of having or transmitting COVID-19, which will likely be after 7-14 days.

For the latest managed isolation timeframes, go to miq.govt.nz

Your hauora in managed isolation

During your stay in managed isolation, you will get three meals a day and snacks, Wi-Fi, laundry services, basic toiletries, and refreshments, so you do not need to leave to get supplies.

Mahere takatū

Get prepared plan



**Make sure you have all your bases covered
ahead of time, in case you or somebody in your
whare gets COVID-19.**



Mahere Takatū

Get prepared plan

Who are you responsible for in your Whānau?

It's a good idea to have copies of important documents close by:
NHI number (National Health Index) number
COVID-19 passport
bank account details
licence, passport or identification
IRD number
insurance information etc.

NAME: _____ **AGE:** _____

ADDRESS: _____

PHONE: _____

VACCINATION STATUS: (circle number of doses) 0 1 2 3

MEDICAL CONDITIONS: _____

MEDICINES: _____

ALLERGIES: _____

DO THEY REQUIRE REGULAR CARE? (please circle one) Y / N

DETAILS: _____

NAME: _____ **AGE:** _____

ADDRESS: _____

PHONE: _____

VACCINATION STATUS: (circle number of doses) 0 1 2 3

MEDICAL CONDITIONS: _____

MEDICINES: _____

ALLERGIES: _____

DO THEY REQUIRE REGULAR CARE? (please circle one) Y / N

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DO THEY REQUIRE REGULAR CARE? (please circle one) Y / N

DETAILS: _____

NAME: _____ **AGE:** _____

ADDRESS: _____

PHONE: _____

VACCINATION STATUS: (circle number of doses) 0 1 2 3

MEDICAL CONDITIONS: _____

MEDICINES: _____

ALLERGIES: _____

DO THEY REQUIRE REGULAR CARE? (please circle one) Y / N

DETAILS: _____



Mahere Takatū

Get prepared plan

Are there any regular activities you had planned to do in the next 14-21 days that you will need to change?

Make sure you have all your bases covered ahead of time, in case you or somebody in your whare gets COVID-19.

DATE: **TASK:**
OTHER ARRANGEMENTS:



DATE: **TASK:**

OTHER ARRANGEMENTS:

DATE: **TASK:**

OTHER ARRANGEMENTS:

DATE: **TASK:**

OTHER ARRANGEMENTS:

DATE: **TASK:**

OTHER ARRANGEMENTS:

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OTHER ARRANGEMENTS:

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OTHER ARRANGEMENTS:

Mahere Takatū

Get prepared plan

Rārangi Whakapā Ohotata Emergency contact list

Make sure you have all your bases covered ahead of time, in case you or somebody in your whare gets COVID-19.

Who	Name	Contact
EMERGENCY Fire / Ambulance / Police		111
HEALTHLINE		0800 358 543
Non-household emergency contact		
Doctor		
Dentist		
Usual chemist		
Local Police station		
Education providers		
Trusted carer for tamariki		

Mahere Takatū

Get prepared plan

Rārangi Tautoko KOWHEORI-19 COVID-19 Support Directory

Support is available for you, no matter what your situation is.
In an emergency, call 111

COVID-19 Healthline (If you have COVID-19 symptoms)	0800 358 5453 +64 9 358 5435 (International SIMS)
General Healthline For any other health concerns	0800 611 116
Mental health support For support with anxiety, distress or mental wellbeing	Call or text 1737 Talk with a trained counsellor for free
Mental wellbeing helplines	mentalhealth.org.nz justathought.co.nz leva.co.nz allright.org.nz
Whakatau Mai The Wellbeing Sessions	Free online wellbeing sessions wellbeingsessions.nz
Stress and disruption Self-help websites	Melonhealth.com mentemia.com/nz
Depression helpline	0800 111 757 depression.org.nz
Alcohol drug helpline	0800 787 797
Smoke-free quit support	0800 6623 4255 – Once and For All 0800 778 778 or text 4006 - Quitline
Women's Refuge	0800 733 843 womensrefuge.org.nz
Family and sexual violence prevention helplines	Covid19.gout.nz/health-and-wellbeing
Manaaki Ora	0800 348 2400
Elder Abuse	Call 111 or 0800 32 668 65
Safety	Call 111 immediately in an emergency, if you or someone else is in danger of being harmed or may harm themselves.



Mahere Takatū

Get prepared plan

Rārangi Tautoko KOWHEORI-19 COVID-19 Support Directory

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Business advice	0800 500 362 for North Island 0800 50 50 96 for South Island • How to access COVID-19 business support • What Alert Levels means for your business • HR and general business advice
Work and Income You may be eligible for support even if you are working, depending on your personal circumstances	0800 559 009 workandincome.govt.nz • food costs • accommodation costs • emergency medical and dental treatment • water tank refill
Seniors (65+)	0800552002
Financial support schemes for businesses, employers and employees.	https://bit.ly/supportscheme • Resurgence Support Payment • Short-Term Absence Payment • Wage Subsidy Scheme • Leave Support Scheme
Studylink	0800 88 99 00 studylink.govt.nz
Living expenses Work and income	workandincome.govt.nz/eligibility/living-expenses
Employment	0800 20 90 20 employment.govt.nz
Working Safety	0800 030 040 worksafe.govt.nz
Housing and tenancy	0800 646 483 Hud.govt.nz info@hud.govt.nz
Getting Kai	https://www.zerohunger.org.nz/find-a-community-food-organisation

Kai te noho whakamohoao mātou We're self-isolating

Kia haumarū ai koe,
kauraka e kuhu mai ki tēnei whare.
For your safety, please **do not** enter this whare.

