

# KOWHEORI-19

(COVID-19)



**This is a basic guide for whānau. It is not medical advice.  
For medical advice, call your doctor, the COVID-19 Healthline on 0800 358 5453  
or visit <https://covid19.govt.nz>**



Te Rūnanga o NGĀI TAHU

# KOWHEORI-19

COVID-19

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# KOWHEORI-19

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## What is it?

### Kowheori-19 is a virus.

- It makes some whānau very sick, other whānau a little sick, and can cause death.

### Omicron.

- Omicron is a COVID-19 variant. It is in the community. It spreads much faster than other variants so far. There is a high chance that you, or people you know will catch COVID-19 and become māiuii (sick).

### Help stop the spread.

- Use all the tools: get vaccinated; use a mask; wash/sanitise your hands often; keep a distance. If you have to isolate, stay at home.



# KOWHEORI-19

## COVID-19

## Vaccinations

### Vaccinate.

Māori are more likely to catch COVID-19. More Māori have needed to go to hospital than non-Māori due to COVID-19.

The best protection is vaccination. Vaccinated whānau can still catch and spread COVID-19 but are less likely to become very sick compared to unvaccinated whānau.

- **Whānau 12 and over need two doses of vaccine.**
- **Whānau 18 and over also need a booster after 3 months.**
- **Tamariki between 5 and 11 can also be immunised. They need two doses, 8 weeks apart.**

**Book for vaccination at:**  
**[www.BookMyVaccine.nz](http://www.BookMyVaccine.nz)**  
**or phone 0800 28 29 26**  
**(press 1 to speak to a Māori operator),**  
**or phone your normal doctor.**

**You can book tamariki vaccination  
with other whānau if you like.**



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## Symptoms

### Symptoms.

If you or a whānau member gets māiui the symptoms could be like cold or flu symptoms including: trouble breathing; coughing; feeling thirsty; headache; sore throat; feeling hot or cold or shivery; feeling tired; vomiting or having diarrhoea (runny poo).

**IMPORTANT – if at any time you or your whānau needs urgent medical help or if someone has trouble breathing, call 111 immediately.**

**There is no cost for the ambulance.**

### If you have symptoms.

If you have any of these symptoms, please isolate and call the Healthline on 0800 358 5453 for advice. You may need to have a COVID-19 test. If you test positive you will need to self-isolate. Someone will let you know how long you will need to isolate for.

**IMPORTANT – Please answer your phone, even if it is a private number because it might be a doctor, nurse or health professional getting in touch.**



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## Get Ready

### Get Ready:

#### Stock up, but don't hoard

- Extra tinned, staples (like flour, sugar and rice), dried and frozen kai.
- Tissues, soap, cleaners, toilet paper.
- Any medication you or others need.
- Pain killers, throat lozenges, chest rub.
- Pēpi supplies, nappies, formula.
- Wet or dry pet food.

#### Tuhia (write down)

- Important phone numbers (vulnerable whānau, doctor, neighbour, supermarket delivery). Use page 6
- Important dates eg when bills are due, appointments.
- Instructions for school and pets.
- Allergies or medication.

#### Mahia (do)

- Work out a place for māiuii whānau to isolate (a separate bedroom and a separate bathroom and toilet if possible)
- Talk to your whānau about how you will look after a māiuii whānau. How will you manage each day with tamariki or kaumātua? Who could help you if you need help?



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## Self Isolation

### How to self-isolate - The basics.

- Isolate in a well-ventilated room with lots of airflow.
- Do not share sheets, towels, cutlery and crockery, toothbrushes, or soap with the māuiui whānau.
- Stay 2 metres away and wear a mask if you go into the same room as other people.
- If you share a toilet and bathroom, clean it after the māuiui whānau member has used it.
- Have plenty of things to read, watch, play with or listen to.
- Wash clothes separately.
- Exercise gently in your garden if you feel well enough.
- No one in the whare should go to work, school or the shops.



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## Contacts

**Important contacts - You fill in the blanks.**

WHO	NAME	PHONE NUMBER
Emergency / Fire / Ambulance		111
COVID-19 Healthline	Free to call, 24 hours a day.	0800 358 5453
COVID-19 vaccination healthline		0800 282 926
Your doctor		
Your dentist		
Chemist		
Supermarket delivery		
Local police station		
School		
Carer		
Neighbour/friend		
Neighbour/friend		
Neighbour/friend		
Whānau		
Whānau		
Whānau		
Whānau		
Te Rūnanga o Ngāi Tahu		0800 KĀI TAHU





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## Contacts

### Other useful contacts.

WHO	CONTACT
<b>ĀRAI TE URU WHARE HAUORA LTD</b> 25 College Street Caversham, Dunedin	(03) 471 9960 reception@araituru.co.nz www.araituru.co.nz
<b>AROWHENUA WHĀNAU SERVICES</b> 94 King Street, Temuka	(03) 615 5180 reception@aws.health.nz www.aws.health.nz
<b>AWARUA WHĀNAU SERVICES</b> 190 Forth Street, Invercargill	(03) 218 6668 admin@awarua.org.nz www.awarua.nz
<b>HOKONUI RŪNANGA HEALTH AND SOCIAL SERVICES TRUST</b> 140 Charlton Road, Gore	(03) 208 7954 hokonui.office@ngaitahu.iwi.nz www.hokonuirunanga.org.nz
<b>NGĀ KETE MĀTAURANGA POUNAMU CHARITABLE TRUST</b> 92 Spey Street, Invercargill	(03) 214 5260 (0800) 925 242 admin@kaitahu.māori.nz nkmp.maori.nz
<b>POUTINI WAIORA HEALTH &amp; SOCIAL SERVICES</b> 12 Revell Street, Hokitika	(0800) 333 170 / (03) 755 6572 enquiries@poutiniwaiora.co.nz www.poutiniwaiora.co.nz
<b>TE KĀIKA</b> Te Kāika, Caversham 25 College Street, Dunedin	(03) 4719960 (ext 1) reception@tekaika.nz
<b>TE TAI O MAROKURA</b> Takahanga Marae Takahanga Terrace, Kaikōura	(03) 3195801 www.tetaiomarokura.co.nz info@tetaiomarokura.co.nz



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## Contacts

### Other useful contacts.

WHO	CONTACT
<b>Mental health support (anxiety, depression, wellbeing)</b>	Call or text 1737 to talk to a trained councillor
<b>Depression helpline</b>	0800 111 757 - <a href="http://Depression.org.nz">Depression.org.nz</a>
<b>Alcohol and Drug helpline</b>	0800 787 797
<b>Women's Refuge</b>	0800 733 843 - <a href="http://Womensrefuge.org.nz">Womensrefuge.org.nz</a>
<b>Elder Abuse</b>	111 or 0800 32 668 65
<b>Work and Income</b>	Lost your job, low income or cannot work? Work and Income may be able to help with the cost of food, power, heating, medical, or other costs.  0800 559 009 - <a href="http://Workandincome.govt.nz">Workandincome.govt.nz</a>
<b>Getting Kai</b>	<a href="http://www.zerohunger.org.nz/find-a-community-food-organisation">www.zerohunger.org.nz/find-a-community-food-organisation</a>

IF AT ANY TIME YOU ARE STRUGGLING FOR BREATH, FEEL SHORT OF BREATH WHILE RESTING, DEVELOP CHEST PAIN, YOUR SYMPTOMS BECOME SUDDENLY WORSE, OR IF YOU OR A WHĀNAU MEMBER ARE REALLY WORRIED, CALL 111 FOR AN AMBULANCE

– REMEMBER IT IS FREE FOR ALL COVID-19 PATIENTS IN AOTEAROA



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# Wellbeing





**Mō tātou, ā, mō kā uri ā muri ake nei**  
– for us and our children after us



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