

Kete Whānau.

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



**We are here to support Ngāi Tahu whānau
now during this challenging time and into the future.**

**If you or someone in your whānau receive a positive
COVID-19 diagnosis please ring 0800 KAI TAHU
so we can discuss how we can best support you.**



Te Rūnanga o NGĀI TAHU

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 you 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 months' 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
- Ice blocks for soothing sore throats. You can buy these from the supermarket or make your own from juice or cordial.
- Juices or your favourite drinks especially for tamariki as it's important to keep hydrated.

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 paracetamol for adults, pamol for pēpi and tamariki
- Decongestant chest rub, cough syrup, lozenges
- Back up prescription medication such as inhalers, glasses and contact lenses

Pēpi

- Pēpi supplies such as formula, wipes, nappies, rash cream
- Kai for pēpi such as canned or bottled food

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
- Low energy or tiredness
- Vomiting
- 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 fully vaccinated and boosted. It's the best protection for your whānau.
-  **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 for at least 7 days and until you no longer have symptoms.



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 3 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.



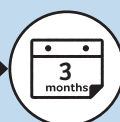
The vaccine will be injected into your upper arm.



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



21 days later, get your second dose.



3 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 **0800 358 5435**.

Visit bookmyvaccine.covid19.health.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 a household contact of someone who is positive, you will need to isolate for a minimum of 7 days. It is important to isolate for the health and safety of your whānau and friends.

The health team caring for you will be in touch to find out your situation and offer supports that are available. During your isolation period, do not allow any manuhiri to the whare.



Noho whakamohoao ki te kāinga

Self isolation at home

What to expect when self-isolating at home

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.

Six things you need to know when isolating at home:

- If you or your whānau need an ambulance to take you to the hospital because of Covid-19 related concerns, you can call 111 – the service is free.
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 the last page of this document 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. If you have whānau with risk factors like asthma, or a taua, pōua or pēpi, limit your time together where possible and wear masks in shared spaces.

Remember if at any time you need urgent medical help or are having difficulties breathing, call 111 immediately. (This service is free)



Noho whakamohoao ki te kāinga

What to expect when self-isolating Hauora Checks

Self isolation at home

Most people with COVID-19 are able to manage at home successfully.

There are supports available if you need them. Call **0800 KAI TAHU**. A list of agencies offering support are listed on pages 17-18.

**Within
24
hours**

When you've tested positive for COVID-19, it's time to isolate at home. This means that nobody in your household should leave the house for a minimum of 7 days. This also means that there are not to be any visitors to your house.

Someone from your regular healthcare provider or GP will contact you by text or phone. If you are not enrolled with a GP, you will be contacted by your local COVID-19 health hub. You can also call the COVID-19 Healthline at 0800 358 5453 if you have any questions or have not been contacted. If you need kai or a home care pack while in isolation, call Work and Income on 0800 559 009.

**Within
48
hours**

While you're isolating at home, someone may call you for hauora checks. The frequency will depend on your risks and stage of illness or your symptoms. Note that some health services block caller ID so if your phone rings, please answer it anyway.

If you have not been contacted or have any concerns, you can call the Covid-19 Healthline at 0800 358 5453. You can request for Rapid Antigen Tests (RATs) for yourself and your whānau online at requestrats.covid19.health.nz or by going to your local community testing centre.

**Day
3**

Apart from the already COVID-19 positive household member, all other household contacts should do a RAT.

**Day
7**

Household contacts that are not yet COVID-19 positive need to do a RAT.

**Day
8**

If you no longer have any symptoms, you can finish isolation. Any household contacts who have tested positive need to complete their own isolation period until they're symptom free.

**Remember if at any time you need urgent medical help or are having difficulties breathing,
call 111 immediately. (This service is free)**



Noho whakamohoao ki te kāinga

What to expect when self-isolating

Self isolation at home

Finding out that you or someone in your whānau has COVID-19 will be very stressful. It's ok to experience a range of emotions and concerns.

To help manage these emotions, the best thing you and your whānau can do is to develop a plan that outlines how you will cope.

A place for māuiui whānau.

- Draw up a plan of your whare, Identify bedrooms or spaces where māuiui whānau can sleep, rest and recover.
- Each māuiui person should have their own bed or a mattress on the floor, as well as their own sheets, pillows and blankets.
- **Using a bedroom is a good idea as it reserves the living spaces for whānau who are well.**

Every day living.

- Māuiui whānau should not spend more than 15 minutes with others in your whare.
- In living spaces māuiui whānau should wear a mask and keep a 2m physical distance from everyone else wherever possible.
- You can still enjoy a kōrero and a catch up, while maintaining a 2m physical distance wherever possible.

Remember if at any time you need urgent medical help or are having difficulties breathing, call 111 immediately. (This service is free)



Noho whakamohoao ki te kāinga

What to expect when self-isolating

Self isolation at home

Washing and using the bathroom.

- If you have two bathrooms and toilets in your whare, one bathroom and toilet should be reserved for māuiui whānau members only.
- If you don't have two bathrooms it is important to clean the toilet and wipe down the washbasin immediately after use.
- Māuiui whānau should have their own towel, toothbrush and soap.
- Their clothes should also be washed separately from everyone else.

Kai time.

- For many whānau kai time is an important time to catch up, kōrero and enjoy each other's company.
- You can still keep this as whānau time and include māuiui whānau by sitting near the doorway of their bedroom to kōrero while they eat (if they aren't well enough to get out of bed) or seating them away from the rest of your whānau, but in the same room while you all eat kai together.
- Māuiui whānau should have their own plate, cup, drink bottle, knives, forks, spoons and they should be kept separate from everyone's utensils.

Remember if at any time you need urgent medical help or are having difficulties breathing, call 111 immediately. (This service is free)



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

Who are you responsible for in your Whānau?

Get prepared plan

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	
DETAILS:	



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Mahere Takatū

Are there any regular activities you had planned to do in the next 7 days that you will need to change?

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.

DATE: TASK:
OTHER ARRANGEMENTS:

DATE: TASK:
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DATE:	TASK:
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
COVID-19 HEALTHLINE		0800 358 5435
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

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

Support for Business or Employers	
Business advice from the Employers and Manufacturers Association (EMA)	Business Helpline 0800 500 362 for North Island 0800 50 50 96 for South Island <ul style="list-style-type: none"> • How to access COVID-19 business support • What Alert Levels means for your business • HR and general business advice
Business advice from the Ministry of Business, Innovation and Employment (MBIE)	Go to mbie.govt.nz for guidance and support as part of the COVID-19 response. <ul style="list-style-type: none"> • Information for small businesses, employers, landlords and tenants
Financial support schemes for businesses, employers and employees from Employment New Zealand	Go to employment.govt.nz for information on financial support schemes or call 0800 20 90 20 <ul style="list-style-type: none"> • Resurgence Support Payment • Short-Term Absence Payment • Wage Subsidy Scheme • Leave Support Scheme
Support for Individuals, Families and Whānau.	
Work and Income You may be eligible for support even if you are work-ing, depending on your personal circumstances. Seniors (65+)	Go to workandincome.govt.nz or call 0800 559 009 <ul style="list-style-type: none"> • food costs • accommodation costs • emergency medical and dental treatment • water tank refill 0800552002
For students	Go to studylink.govt.nz or call 0800 88 99 00 <ul style="list-style-type: none"> • Student allowance • Student loan • Accommodation
Work and income You may be eligible for support on living expenses	Go to workandincome.govt.nz/eligibility/living-expenses <ul style="list-style-type: none"> • Accommodation • Power, gas, water bills, heating • Food



Kai te noho whakamohoa mātou We're self-isolating

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

