

HE AHA TŌ MAHERE? WHAT'S YOUR PLAN?



Rangitāne

Te Rūnanga a Rangitāne o Wairau

E te iwi, there is a heap of information out there about the next steps now that Aotearoa has moved to the new COVID-19 Protection Framework. Most people who contract COVID-19 will be able to isolate safely at home.

With more cases in the community, a good and easy thing we can all do is make a plan and be ready to support whānau or self-isolate for 14 days.

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, please call the COVID-19 Healthline on 0800 358 5453 (open 24 hours, seven days a week). They'll talk you through all the next steps.

HE AHA HEI WHAKAAROARO MĀKU? WHAT DO I NEED TO THINK ABOUT?

WHAKAMAHERE / PLAN



Sit down with your whānau and set the tikanga for your whare.

- Is there someone who can help deliver supplies if you are required to self-isolate?
- How do you let manuhiri and neighbours know? What's your system? A note at the door? A text?
- How can you prepare your whare? Work out which areas are shared, and which are isolation areas. Make sure there is good ventilation.
- If you are living alone, make sure you let friends and whānau know what is happening so they can support you.

WHAKARITE / PREPARE



- Think about your kai supplies and make sure you have plenty of fluids on hand as well. Maybe stock the freezer with easy foods to have if you feel sick – like soups or stews.
- The best thing you can do to protect yourself and your whānau is to get vaccinated.
- What role could karakia or waiata play in helping you get through being stuck at home?
- Medications are really important too – have you got enough on hand?

- 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.
- Think about your phone data so you can stay connected.
- Make sure bills, especially utilities, are paid and up to date.
- Cleaning supplies will be really important to have on hand.
- Have details like your NHI number, too.

WHAT HAPPENS IF I OR SOMEONE IN MY HOUSEHOLD CONTRACTS COVID-19?

- First of all, don't panic – COVID-19 is in our community.
- **Have the positive person isolate from the rest of the household and call the COVID-19 Healthline on 0800 358 5453.** You will be assigned a health contact person and you can choose if you want a kaupapa Māori provider.
- Your contact person will make sure you have enough kai, supplies and that you are getting the right medical attention if needed.
- If you feel unwell, make sure you get plenty of rest, healthy kai and fluids.



USEFUL NUMBERS

Covid-19 Healthline 0800 358 5453

Plunketline 0800 933 922

Te Kotahi o Te Tauihu Trust 0800 514 358

Te Rūnanga a Rangitāne o Wairau 03 578 6180

Whānau Ora 0800 187 689 (Te Waipounamu)
0800 929 282 (Te Ika-a-Māui)

RAUTAKI WHĀNAU WHĀNAU PLAN



Rangitāne

Te Rūnanga a Rangitāne o Wairau

Use this Rautaki Whānau / Whānau Plan to help you prepare and put it on the fridge so everyone's in the loop. And e te iwi, don't be whakamā if you are feeling alone or are unsure about what to do. There is support available and if there is anything you are unsure of, please give us a call and we will do our best to help you.

We are the _____ whānau.

Emergency contact(s):

People who can help:

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.

TAMARIKI

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

CHECKLIST

- | | |
|-----------------------------------|---|
| <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
 - ☐ Iceblocks
 - ☐ 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 could look after your wellbeing.

IMPORTANT NUMBERS

GP _____

Pharmacy _____
