

#Protect Our Whakapapa

If you start to feel any flu like symptoms, particularly shortness of breath, sore throat or fever —

call Healthline on **0800 358 5453**



What is COVID-19?

COVID-19 (Coronavirus disease 2019) is a new virus that can affect your lungs and airways.

There is currently no vaccine and people don't have immunity to it.

It spreads easily from person to person and can make us more māuiui than an ordinary flu.



What can I do to keep my Whānau safe?

- **Act like you are already infected:** you can spread it even if not sick
- **Stay in your Whare**
- **Keep any manuhiri away**

Wash your hands often, especially before & after preparing kai & eating, blowing your nose, touching pets & of course going to the wharepaku.

Don't touch your face if your hands are not clean.

Sneeze or cough into your elbow or a tissue & throw the tissue out into a bin.

Clean and disinfect surfaces you touch frequently.

Don't share kai or inu.

Don't kihi, hongi and harirū - instead find alternative non-contact ways to greet others.

Mā tātau katoa e ārai atu te COVID-19



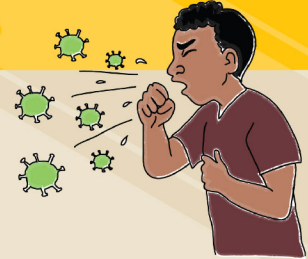
What are the signs?

- **Fever - feeling hot then cold**
- **Cough that is chesty**
- **Trouble breathing**

Other signs include muscle aches and pain, coughing up spit & a sore throat.

It can take 2-10 days for you to get sick after being infected but from the time we get infected we are contagious for up to 14 days.

For some - the illness will be mild, but for others it may cause them to get very sick. Some people can die from Covid-19.



How does it spread?

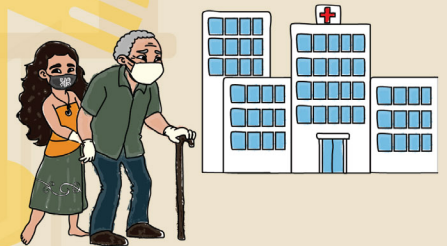
Person to person: it is spread through droplets by sneezing, coughing, talking & runny noses. It transfers on to surfaces and can stay on plastic and stainless-steel surfaces for up to 3 days and less for other surfaces.

Māori are at higher risk: we have large multigenerational whānau and socialise as a whānau, hapū, iwi.

We also have higher rates of respiratory illnesses like COPD (Chronic Obstructive Pulmonary Disease) and asthma.

Protecting Whānau

Keeping Whānau safe & informed



What to do if you fall sick

If you have a cough, fever and especially shortness of breath, **call your doctor or Healthline on 0800 358 5453.**

Your doctor or Healthline will assess you over the phone, and then they will tell you what to do next.

If you are recovering at home: Isolate yourself in a separate part of the whare.

What to do in lockdown

Aotearoa is now in lockdown for 4 weeks to slow then stop the virus & reduce the pressure on health services.

For 4 weeks we all have to stay home unless it's for a walk with the people we are in lockdown with or for an essential service.

Essential services such as the supermarkets, dairies, the doctor, hospital & pharmacies are staying open.

Work & Income service centres are closed but you can use **MyMSD or ring them on 0800 559 009.** Their lines are overloaded so if you can't get through, keep trying. Payments won't be stopped.