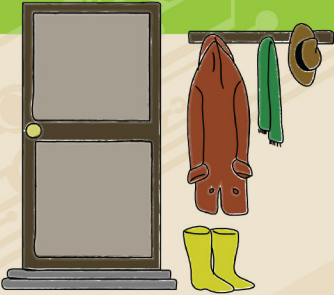


# #Protect Our Whakapapa

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

call Healthline on **0800 358 5453**



## Arriving home from essential mahi

**Leave** all footwear & outerwear at the door.

**Follow these safety precautions** before going near your whānau:

- **Wash or sanitise hands** immediately.
- **Wash your body**, hair & clothes as soon as possible.

If you can't wash your clothes, **quarantine them for at least 24 hours** or longer for textiles like leather, plastic, or rubber.



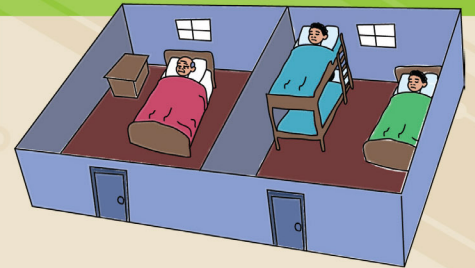
## Hygiene in the home

**Have accessible sanitisers / soaps** at or near entrance & exit points of your whare.

**Regularly disinfect** common surfaces such as toys, light switches, doorknobs, taps, fridge, keyboards, phones, tables and toilet seats.

**Have a daily cleaning** schedule that you can mark off.

**Follow all of the best practice** guidelines to keep your whare clean.



## Sleeping arrangements

**Speak with your whānau** about sleeping arrangements and make a plan.

**If you're unwell** you shouldn't be sharing a bed with others. You should have your own sheets, blankets and pillows.

**Prepare an isolation space** in your whare. If someone in your whare becomes unwell they will need that space to recover.

**For more information** on how to self-isolate safely go to [www.uruta.maori.nz](http://www.uruta.maori.nz) or

<https://covid19.govt.nz/>

## Everyday Life

Managing day-by-day life in your whare



## Managing contact-less deliveries

**Couriers** are delivering essential items only.

**The delivery driver** will knock at your door, put the parcel on the ground, then step at least 2 metres back.

**If it's a signature-required item** the driver will ask for and write your name with CV-19 to indicate why you can't sign.



## Buying & ordering groceries

**Supermarkets & dairies** are essential services so will stay open during the lockdown.

**Supermarkets & dairies** have steps in place to keep our whānau and their kaimahi safe. If you need to take your tamariki with you, keep them well away from the counter.

**Wash** all fruit and vegetables.



## Give each other space

**Consider setting up zones** in your whare where whānau can have alone time.

**It's ok** to have time out for yourself! Make an hour a day when you have time to relax, read a book or call a friend.

**Being cooped up in your whare** for 4 weeks is going to be difficult. If your whānau are getting hoha, suggest you all go to a separate space for some alone time, adults included.

**You can go outside** but keep 2 metres between you and other people (other than the people you live with).

**Mā tātau katoa e ārai atu te**

**COVID-19**