

#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**



Whānau Preparedness

Help your whānau understand as much as they can about Covid-19 so they are prepared if any issues come up.

Create a 'Whānau Plan'. Include a list of medical details, contacts for whānau & friends, emergency services & any other local support services you usually access or might need during this time.

Consider allocating one member of the whānau to run essential errands.



Whānau Wellbeing

It can be a stressful time for whānau to be home together 24/7. Give some structure to your days by developing a whānau routine.

Start new hobbies together such as learning Te Reo Māori online, preparing your maara kai etc.

Have set times during the week, where as a whānau you can check in with how one another is coping with the isolation and identify any support they may need.

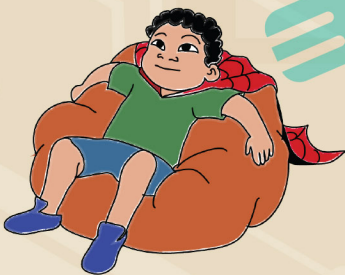


Tamariki Wellbeing

Create a chore list for your tamariki as part of their daily routine.

Kaumātua can provide support by talking to tamariki on the phone or video chat, sharing what they know about dealing with tough times or helping you think through tricky problems.

Check out tamariki activities online.



Give yourself and each other time out

Being cooped up for 4 weeks together will be challenging.

If your whānau are getting hoha, have some 'time out' – adults included.

Do something you enjoy - gardening or go for a walk. Remember to keep 2 metres away from other people.

Have fun things to do at home in your own space.

Whānau Wellbeing

Looking after yourself and each other

Preparation of Kai

Plan meals for the week to help ensure you have what you need & to limit your supermarket trips.

Plan & prepare kai together to help your whānau settle into the lockdown more easily.

Wash all your fruits & vegetables thoroughly.

If you don't have clean water to drink, boil all drinking water first.

Try to make your kai go further. Keep enough sanitary/hygiene products handy to last 6-8 weeks.



Accessing support

If you're worried about your own or someone else's physical or mental health, call your local Māori health provider or GP.

Contact social services providers if you need to talk with a social worker or your whānau needs extra support.

Contact Work & Income if you need food & emergency grants.

**Mā tātau
katoa e
ārai atu te
COVID-19**