

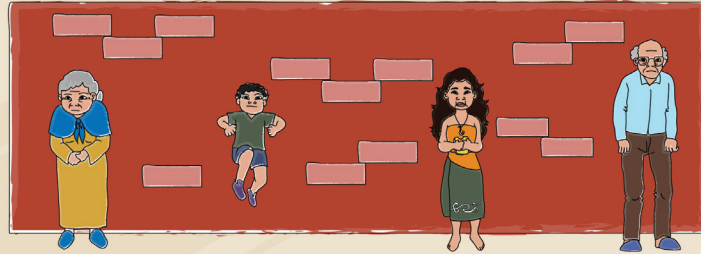
#Protect Our Whakapapa

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

call Healthline on **0800 358 5453**

Whānau Plan

Example of things to plan with your Whānau



Mā tātau katoa e ārai atu te

COVID-19

1. Who is in our whānau?

Who else are we responsible for?

- Name
- Address
- Age
- D.O.B
- Gender
- Phone number
- Medical Conditions
- Medicines
- Allergies

2. Emergency contact list

- Non-Household emergency contact
- Doctor
- Dentist
- Usual chemist/pharmacy
- Healthline (Covid-19) **0800 358 543**
- Government (Covid-19) Helpline **0800 779 997 / 0800 22 66 57**
- Healthline (normal) **0800 611 116**
- Police Emergency **111**
- Police (local station)
- Support agencies
- Other important numbers.

3. Items that are essential to the wellbeing of our whānau

Examples:

- **Do you have plenty of formula** for any pēpi who drinks from a bottle?
- Other than kai & wai, **what else is essential that we don't have?**

4. Does everyone in the whānau understand how to prevent Covid-19?

- **Why we have to stay home** & only go out to access essential services.
- **If we go out to the supermarket/ pharmacy** how do we keep safe?
- **What do we do to keep safe** when walking in our neighbourhood?
- **Should we & can we drive anywhere** in a Level 4 lockdown?

5. What is the plan if a whānau member becomes infected with Covid-19

- **Create** a self-isolation space in your whare for that whānau member to stay in.
- **Discuss** how important it is that the person who is sick is in self-isolation.
- **Let younger tamariki know** their very important job is to stay away from the māuiui person and the isolation space.

6. If I get sick, who will need to be contacted? Who will look after the tamariki?

- **If I get sick** & need to self-isolate, will someone here look after the tamariki or should we make other arrangements?
- **Who** needs to be contacted if I get sick?
- **What is our 'Tamariki Plan'**, e.g. who will look after them?
- **Having someone to care for your tamariki** at home is the safe option.
- **If the tamariki need to go somewhere else**, will their clothes & belongings need to be washed before leaving our whare?

7. What are the specific needs unique to your whānau?

Examples:

- **Who are the high-risk** whānau we might need to care for during the lockdown?
- **Are there any specific health or mental health** needs we haven't thought about?
- **If we usually go to church**, how will we continue to practice our faith?

8. What else needs to be considered?

- **Do** the tamariki need to do any schoolwork or catch up on homework?
- **Are** the tamariki missing their friends? (Show them how to Facetime or Messenger call).
- **Are** all the fire alarms in the whare working? If not, what do we need to do? Who do we contact?

9. Covid-19 websites for whānau

Here are a couple of websites with accurate & useful information about Covid-19

<https://www.uruta.maori.nz/>

(Information from the National Māori Pandemic Group).

<https://covid19.govt.nz>

(Information including tikanga Māori [alternative greetings] and looking after your health & wellbeing).