

#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



Looking after yourself

This is a stressful time for everyone so **we all need to take care of whānau** health, tinana (physical health), hinengaro (mental health) and wairua (spiritual health).

- Eat healthy kai.
- Get plenty of sleep.
- Drink lots of clean water.
- Get plenty of fresh air and Vitamin D from the sun.
- Go for walks close to home (but keep away from other people who are not staying in your whare with you).



Keep moving

There are lots of different free workouts online, which you could do indoors or on the lawn outside your whare.

If you have a friend/whānau member who is a personal trainer, ask them for a workout routine that suits your level of fitness.

If you have a scheduled appointment for your doctor, e.g. follow up or for a prescription, remember this will now happen over the phone.



Get things done

Use this time to do things you wouldn't normally have time for.

- Prepare your maara kai.
- Research your whakapapa.
- Make rongoa.
- Study a subject of interest.
- Learn an instrument.
- Practice your karakia, waiata, or take this time to strengthen your reo.

Connect with Papatuanuku — get out in nature, in your garden or neighbourhood, walk, sit under a tree, enjoy the rays of Tamanuiterā.

Personal Wellbeing

Tips on how to maintain your personal wellbeing



Don't get caught up in the hype

Being isolated for a long period can affect our thinking and emotions.

Limit your news intake — and focus on positive stories and people helping and connecting with each other.

Stay connected — reach out over the phone, text, social media.

If you have to go outside your whare

If you go to the supermarket, plan your trip wisely. Make a list of everything you need to minimise your trips and contact with people.

Keep a wide buffer from other people and stay away from anyone who is coughing or sneezing.

Disinfect surfaces you come into contact with including the steering wheel, wallet, phone, car keys. Most importantly, wash your hands regularly.



Stay positive and avoid worry

Walk, run or ride your bike (but always stay 2 metres from others)

Stay connected to wairua.

Relax and do things that make you happy.

Keep in touch with your whānau and friends through phone calls or social media.

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