

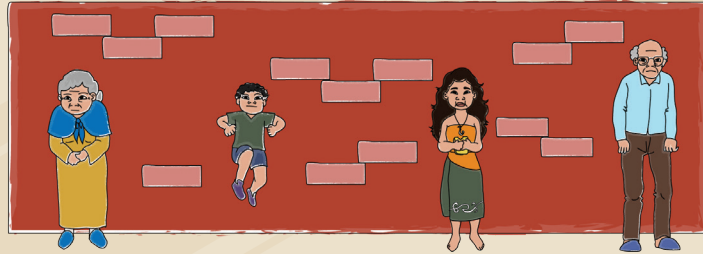
#Protect Our Whakapapa

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

4. Does everyone in our 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?

7. What are the specific needs unique to our 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?

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.

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.

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?

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?**

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?

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).