

# #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