

# #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**



## Assisting whānau that need extra tautoko

All our whānau are precious to us but some need extra tautoko, so we have a responsibility to manaaki them during this time.

We need to consider **how we can care for our:**

- **Kaumātua.**
- **Hapū mothers & pēpi.**
- **Our Whānau** who are māuiui.
- **Those struggling** to obtain the basic needs and live in isolated rural communities.



## Health & Wellbeing

If you provide physical care for someone (feeding, bed care, washing, etc), make sure you **wash your hands a lot.**

**See what's needed** — deliveries, planning, technology tips or just a chat.

**Go outside into your yard** or have a walk to get some fresh air. You are allowed to walk with the people you're in lockdown with, just stick close to home & stay well away from other people if you see them.

**Mā tātau katoa e ārai atu te**

**COVID-19**

## What can we do to keep them safe if they live with us?

If someone who is at **greater risk** from this virus is living in your whare, there are things you can do to keep them safe.

- **Prioritise** a separate sleeping space for them.
- **If they get māuiui** they will need to stay in their own space whenever possible.
- **Deliver kai** to their door.
- **Sanitise** everything afterwards.
- **If their symptoms are bad** or get worse, call Healthline on **0800 358 545.**



## How can we tautoko Whānau who don't live with us?

The **best way** to keep them safe is to **STAY AWAY.**

**Make a list** of your whānau who are more at risk and work out the best ways to support them.

**Keep in touch** by calling them regularly on the phone. Share a karakia, read a passage from their favourite book.

**Don't have Kaumātua look after Tamariki.** Tamariki with Covid-19 tend to have fewer symptoms but can pass the virus on, and some can be carriers with no symptoms at all.

## Manaaki Tāngata

Keeping our Kaumātua & Whānau safe

## Your GP and your medications

**Make sure you have contact details** for GPs and other health providers.

**Pharmacists** are now required to limit funded medicines to one month's supply & three months for the contraceptive pill. This is to manage medicine stocks in Aotearoa.

**Book your next GP appointment** 3 months ahead.

**Our Whānau may need medication or support** with their appointments. Talk to your GP or nurse about the safest way to do this.



## Other medical needs

**Flu vaccines are available now** for those at risk, e.g. Kaumātua and people with pre-existing conditions.

**Any visiting health or support workers** should follow strict **hygiene practices.**

**Look for Covid-19 testing** in your area but only get tested if you have symptoms. All District Health Boards (DHBs) have Community Based Assessment Centres (CBAC) for their areas. They are listed on your local DHB's website.