

Get ready for COVID-19

Now is the time to kōrero and plan so you and your whānau can be safe through COVID-19.



Whānau plan

Kōrero

- About COVID and what it means if someone in your whare tests positive
- Explain the importance of keeping a safe distance if this happens

Write down

- The names and contact numbers of the most vulnerable people in your whānau and who will regularly check in with them
- How you will notify whānau, friends and neighbours if someone gets COVID-19
- Essential household tasks and details so anyone can do them. Things like paying bills, doing the shopping, gathering kai, caring for tamariki or taking care of pets

Do

- Prepare an isolation space in your whare. This means a separate bedroom and bathroom if possible
- If this isn't possible and someone tests positive, let the medical team know so we can support you
- Shop for kai and hygiene products. Other than kai and wai, what else do you need?
- Restock your prescription medicines if you need to
- Get vaccinated



Safe space

- Wear a mask when you leave home
- Use the COVID tracer app
- Wash, dry and sanitise your hands often
- Keep a social distance wherever you go
- Open windows to ensure your home is well ventilated
- Regularly clean your home and car and sanitise surfaces



Feeling unwell?

Don't hesitate if you think you might have COVID. The faster we act, the greater our chance of stopping its spread.

- If you feel unwell, don't share a bed with others
- Immediately call 0800 611 116 and follow their advice
- Get tested and self-isolate

We are here to help and support you regardless of your circumstances. Together we can get through.

If you have COVID and become very unwell, call 111 immediately