

Mahere whakaritea

GET READY CHECK-LIST

Taking some small steps now can make a big difference if someone in your whānau, whare or neighbourhood test positive for COVID-19.



Kōrero - Talk

- About COVID and what it means if someone in your whare tests positive
- Explain the importance of keeping a safe distance if this happens
- Delegate a whānau lead in your whare to act as the first point of contact for awhi and support services. This will help to avoid confusion and any unnecessary activity.



Tuhinga - 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, caring for tamariki or taking care of pets



Mahia - 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 they can support you
- Shop for kai and hygiene products. Other than food and water, what else is essential for you?
- Restock your prescription medicines if you need to
- Get vaccinated

If you have any symptoms, even if they are mild, it is important you get a test to stop the spread.

If you have:

- Symptoms
- Been to a location of interest
- Are a close contact of a confirmed case



KIA HOHORO - ACT NOW



1 Self-isolate immediately.



2 Call Healthline on **0800 358 5453** for advice if you need to.



3 Get tested.



4 Tell people around you – such as your workplace, whānau and friends – that you're self-isolating. They might need to self-isolate and get tested too.



5 Stay in self-isolation until you get a negative test back.

Test results

Test result: **NEGATIVE**

You can end your self-isolation and resume your usual daily life

Test result: **POSITIVE**

As Omicron spreads across Aotearoa, the COVID response is changing. If you test positive, you will now be sent a text to let you know and you will need to do a self-assessment online. You will be asked to reach out if you need health or welfare support. If you are particularly vulnerable to COVID, you will receive follow-up contacts.

What to do if someone in your whare becomes COVID-19 positive

- Your whole whare will need to self-isolate and get tested
- Identify any high-risk whānau in the whare and where the safest place for them to stay is
- Make sure everyone understands what self-isolation means. See page 9.
- Ensure tamariki know their important job is to stay away from the māuiui person
- Check all the fire alarms in the whare are working
- Make a kitchen schedule and plan meals to limit physical contact