

# #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**

## Food



- ✓ **Dried** — pasta, rolled oats, cereals, noodles, beans, milk powder.
- ✓ **Staples** — brown sugar, flours, brown rice, oil/butter, powdered milk.
- ✓ **Canned** — beans, tuna, tomatoes, fruit & vegetables.
- ✓ **High energy** — peanut butter, nuts & seeds, crackers, energy bars.
- ✓ **Foods your family likes when sick** — soup, crackers, lemonade and other fluids to stay hydrated.
- ✓ **Pet food.**

## Water



- ✓ **Think** about the possibility of your water supply being disrupted. Make sure you store enough water for a min of 3 days.
- ✓ **People who boil water**, especially in rural areas should continue to do so, where there's been drought use water containers where possible.

## Cleaning Supplies



- ✓ **Detergent** (that is anti viral).
- ✓ **Bleach** (4 teaspoons bleach per 1 litres water).
- ✓ **Rubbish bags.**
- ✓ **Paper towels** or a supply of rags that can be washed and reused.

## Essential Items

Aim to have enough supplies for your whānau to last at least a week to a month



## Hygiene

- ✓ Toilet paper
- ✓ Soap
- ✓ Hand sanitiser
- ✓ Paper towels
- ✓ Tissues
- ✓ Shampoo
- ✓ Sanitary products
- ✓ Toothpaste
- ✓ Dish wash
- ✓ Laundry liquid
- ✓ **Babies supplies** — nappies, wipes, rash cream.



## Communications

- ✓ **Check** that you and other members of your whānau have communication devices that are charged and accessible.
- ✓ **Charge up** any 'power banks and keep aside for possible power outages.
- ✓ **Help your whānau** download apps so you can chat as a group or video call via wifi.
- ✓ If you or other members of your whānau do not have devices or wifi, make plans with them about how best to **communicate.**

## Medical Supplies



- ✓ **Basic First Aid kits** — Plasters, tweezers, scissors, bandages, gloves, Dettol & antiseptic creams, digital thermometer if possible.
- ✓ **Prescription** medications.
- ✓ **Non-prescription** medications such as Panadol & Paracetamol, cold and flu tablets (to reduce fever).
- ✓ **Glasses** and contact lens solution.
- ✓ **Specific medical supplies** that you may have for a condition (such as stoma bags or incontinence products).
- ✓ **Medication** for your pets.

Mā tātau  
katoa e  
ārai atu te

COVID-19