

#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



Arriving home from essential mahi

Leave all footwear & outerwear at the door.

Follow these safety precautions before going near your whānau:

- **Wash or sanitise hands** immediately.
- **Wash your body**, hair & clothes as soon as possible.

If you can't wash your clothes, **quarantine them for at least 24 hours** or longer for textiles like leather, plastic, or rubber.



Hygiene in the home

Have accessible sanitisers / soaps at or near entrance & exit points of your whare.

Regularly disinfect common surfaces such as toys, light switches, doorknobs, taps, fridge, keyboards, phones, tables and toilet seats.

Have a daily cleaning schedule that you can mark off.

Follow all of the best practice guidelines to keep your whare clean.



Sleeping arrangements

Speak with your whānau about sleeping arrangements and make a plan.

If you're unwell you shouldn't be sharing a bed with others. You should have your own sheets, blankets and pillows.

Prepare an isolation space in your whare. If someone in your whare becomes unwell they will need that space to recover.

For more information on how to self-isolate safely go to www.uruta.maori.nz or

<https://covid19.govt.nz/>

Everyday Life

Managing day-by-day life in your whare



Managing contact-less deliveries

Couriers are delivering essential items only.

The delivery driver will knock at your door, put the parcel on the ground, then step at least 2 metres back.

If it's a signature-required item the driver will ask for and write your name with CV-19 to indicate why you can't sign.



Buying & ordering groceries

Supermarkets & dairies are essential services so will stay open during the lockdown.

Supermarkets & dairies have steps in place to keep our whānau and their kaimahi safe. If you need to take your tamariki with you, keep them well away from the counter.

Wash all fruit and vegetables.



Give each other space

Consider setting up zones in your whare where whānau can have alone time.

It's ok to have time out for yourself! Make an hour a day when you have time to relax, read a book or call a friend.

Being cooped up in your whare for 4 weeks is going to be difficult. If your whānau are getting hoha, suggest you all go to a separate space for some alone time, adults included.

You can go outside but keep 2 metres between you and other people (other than the people you live with).

Mā tātau
katoa e
ārai atu te

COVID-19