

# Kia Hiwa Ra. Kia Hiwa Ra

## Get prepared for COVID-19

Now is the time to get ready for COVID-19 in our community. Take time to kōrero and plan now, so you and your whānau can get through.



### Make a 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, 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 is essential for your whānau?
- ✓ Contact your doctor to restock your prescription medicines now
- ✓ Get vaccinated



### Make your space safe

- 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



### Move quickly if you feel 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

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

TEARAWA  
COVID-19  
RESPONSE