

Mahere whakaritea

Get ready check-list

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



Kōrero - Talk about it

- 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 your whanau with i.e. 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 we can support you
- Shop for kai and hygiene products. Other than kai and wai, what else is essential for your whānau?
- 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