

Kete Whānau

Safely navigate your whānau
through COVID-19 in our rohe



Ngā mihi

Thank you to our partners

Te Arawa COVID Hub and its partners are working together to provide awhi and aroha to our people during the COVID-19 pandemic.



Karakia

**Kia tau mai te mauri,
Mai i runga, mai i raro, mai i roto, mai i waho,
Te hononga ora, ki te whaiao,
ki te ao marama.
Tihei mauri ora!**

*May the vital essence of life flow,
From above, from below, from within, from outside,
The union of well-being,
Leading to ultimate enlightenment,
Giving rise to the breath of life!*

Ngā kete o roto

Contents

Kia ora e te whānau	1
What does COVID look like?	2
COVID-19 symptoms	2
Vaccination	3
Make your space safe	4
Get ready check-list	5
Support Directory	7
If you test positive	9
Self-isolation	10
The COVID-19 isolation clock	11
Essential items	12
Quarantine	13
Our Wellbeing	14
Get prepared plan	16
Emergency contact list	20
Expense chart	21

Kia ora e te whānau

Manaakitanga is the concept of looking after one another. It's about protecting whakapapa; it's about kotahitanga; it's the unity of the collective.

Te Arawa COVID Hub was created to support our Te Arawa whānau through the COVID-19 pandemic and beyond. We are a collective of marae, hapū, iwi, health and community organisations from across the rohe.

This handbook is designed to capture everything you need to safely navigate your whānau through the next phase of the COVID-19 outbreak.

Having COVID-19 in our community can be stressful and overwhelming. Take time **now** to prepare, so if your whānau gets māuiui, you know what to do, can help contain the spread of the virus, and give yourself and your whānau the best possible chance to get through.

**He moana pukepuke
e ekengia e te waka**

*Every rough sea
can be navigated*



Me pēhea te āhua o te KOWHEORI-19?

What does COVID-19 look like?

Common COVID-19 symptoms are similar to a cold or flu.

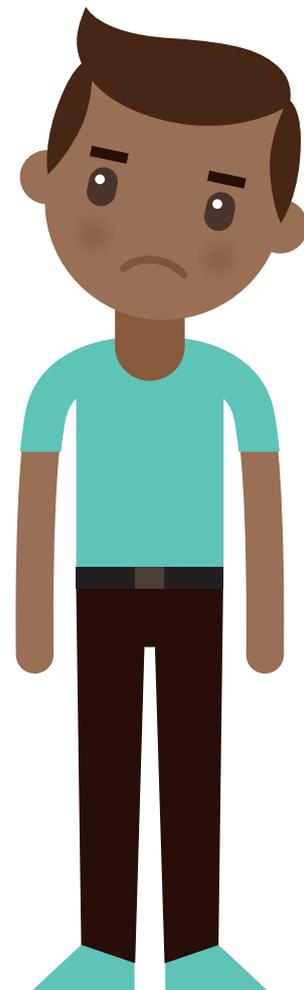
Most common symptoms

- New or worsening cough
- Sneezing
- Runny nose
- Fever
- Temporary loss of smell or altered sense of taste
- Sore throat
- Shortness of breath

Less common symptoms

- Diarrhoea
- Headache
- Muscle aches
- Nausea
- Vomiting
- Malaise
- Chest pain
- Abdominal pain
- Joint pain or confusion/irritability.

It is still possible to get COVID-19 if you are vaccinated, however you are better protected against getting seriously sick.



Kano ārai mate

Vaccination

Now is the time to get vaccinated.

Vaccines are our best defence against getting seriously māiuiui from COVID-19.

Protect yourself and help reduce the risk of passing on COVID-19 to your whānau, friends and community.

The COVID-19 vaccine works by teaching your body how to fight the virus.

Vaccination process



A healthcare worker will do a health check, answer any pātai, and get your consent to vaccinate.



The vaccine will be injected into your upper arm.



Wait 15 minutes. Then you can carry on with your day.



21 days later, get your second dose.



3 months later, get your booster dose.

What are the side effects?

Like all medicines, the vaccine may cause some side effects in some people. These are usually mild and are a good sign that your immune system is learning to fight the virus. Some common side effects are:

- Sore arm
- Feeling tired
- Headaches
- Feeling feverish or sweaty

Remember to drink plenty of water and be kind to your body.

If you are worried about how you feel after receiving your vaccine, speak to your GP or healthcare provider.

Visit tearawacovid19.nz/book-your-vaccine to check out all the vaccine clinics that are available and their opening hours.

Me haumarū tō wāhi

Make your space safe

To help keep us all safe, we need to be well informed, well vaccinated, and well masked.

None of these tools are as effective alone as they are all together.



Two doses and a booster vaccine gives the best protection



Cough or sneeze into your elbow and sanitise your hands after and of 7



Use the COVID Tracer App



Regularly wash and dry your hands



Wear a mask



Regularly clean and disinfect surfaces that get touched frequently



Stay home if you feel māuiui or have symptoms



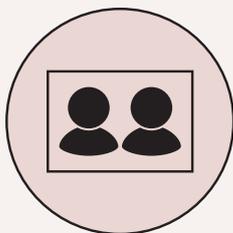
Open windows to ventilate your whare



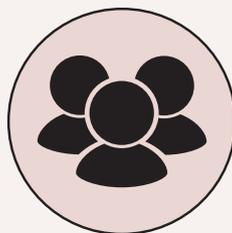
Take sickness seriously

The NZ COVID Tracer App is still really important as we move through COVID. Remember to scan QR codes wherever you go and turn on your Bluetooth.

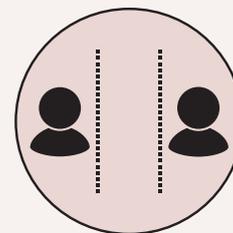
AVOID THE 3 C'S IN AN INSIDE SPACE



Tūkati
Closed



Kōpipiri
Crowded



Piri Tata
Close contact

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 COVID symptoms, or are a household contact of someone who has COVID, it is important you get a test to stop the spread.



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 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 10.
- 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

Waea awhina KOWHEORI-19

COVID-19 Support Directory

Support is available for you, no matter what your situation is.

In an emergency, call 111

If you cannot find the support you need in the contact list below, contact Te Arawa COVID Hub on 0508 TE ARAWA (832 7292)

Health and welfare

COVID-19 Healthline If you have COVID-19 symptoms	0800 358 5453 +64 9 358 5453 (for international SIMS)
General Healthline For any other health concerns	0800 611 116
Mental health support For support with anxiety, distress or mental wellbeing	Call or text 1737 Talk with a trained counsellor for free
Mental wellbeing helplines	mentalhealth.org.nz justathought.co.nz leva.co.nz allright.org.nz
Whakatauki Mai The Wellbeing Sessions	Free online wellbeing sessions www.wellbeingsessions.nz
Stress and disruption Self-help websites	Melonhealth.com and mentemia.com/nz to cope with stress and disruption
Depression helpline	0800 111 757 depression.org.nz
Alcohol drug helpline	0800 787 797
Smoke-free quit support	0800 6623 4255 – Once and For All 0800 778 778 or text 4006 - Quitline
Women's Refuge	0800 733 843 womensrefuge.org.nz
Family and sexual violence prevention helplines	Covid19.govt.nz/health-and-wellbeing
Te Arawa Whānau Ora	07 2131995
Manaaki Ora	0800 348 2400
Elder Abuse	Call 111 or 0800 32 668 65
Safety	Call 111 immediately in an emergency, if you or someone else is in danger of being harmed or may harm themselves.

Financial

Business advice	0800 500 362 for North Island 0800 50 50 96 for South Island <ul style="list-style-type: none"> • How to access COVID-19 business support • What Alert Levels means for your business • HR and general business advice
Work and Income You may be eligible for support even if you are working, depending on your personal circumstances For seniors (65 plus):	0800 559 009 workandincome.govt.nz <ul style="list-style-type: none"> • food costs • accommodation costs • emergency medical and dental treatment • water tank refill 0800 552 002
Financial support schemes for businesses, employers and employees.	https://bit.ly/supportscheme <ul style="list-style-type: none"> • Resurgence Support Payment • Short-Term Absence Payment • Wage Subsidy Scheme • Leave Support Scheme
Studylink	0800 88 99 00 studylink.govt.nz

Housing and employment

Living expenses Work and income	workandincome.govt.nz/eligibility/living-expenses
Employment	0800 20 90 20 09 969 2950 employment.govt.nz
Working Safely	0800 030 040 04 897 7699 worksafe.govt.nz
Housing and Tenancy	0800 646 483 Hud.govt.nz info@hud.govt.nz
Getting kai	www.foodbank.co.nz/bay-of-plenty

Ki te pāngia koe e te mate korona

If you test positive



If your Rapid Antigen Test (RAT) is positive report your RAT result on My COVID Record or call 0800 222 478 and press option 3.

If you got a supervised RAT at a Community Testing Centre or other health provider the result will be automatically entered for you and turn up on your My COVID Record.

- 1 The next step is to enter some details in the self-investigation tool.** Once your positive test result is entered into **My COVID Record** you will get sent a link to this form and a unique code. It may take 24 hours to receive your code.
- 2 Make sure you fill in the form** as it will help us identify if you need any additional health and welfare support. It will also help for contact tracing purposes.
- 3 If you don't have access** to a mobile phone or internet, a health provider will be in touch to help collect these details.
- 4 Now you and your household will need to isolate for 7 days.**
- 5 If you are not symptomatic you don't need a test.** Positive RAT results do not need to be confirmed with a PCR test unless advised.
- 6 While isolating, your household contacts will need tests on day 3 and day 7.** If they test positive, they will need to keep isolating for another 7 days (starting from the day of their test result). But you can leave isolation once you have completed your 7 days.

- More information is available at [Covid19.govt.nz](https://www.covid19.govt.nz)
- If you need any additional advice ring the COVID-19 Healthline on 0800 358 3453

Noho Taratahi

Self-isolation

How to isolate at home

If you are COVID-19 positive, or live in the same household as someone who is, it is important that you isolate for the health and safety of your whānau and friends.

The health team caring for you will assess whether you are eligible to isolate at home. This means you will need to self-isolate in your whare for at least 7 days and not allow any manuhiri to the whare until you are all clear or it has been 7 days since the last positive test.

Requirements for isolation at home:

- A separate room for you to isolate
- Adequate ventilation in the whare
- A separate bathroom
- Accessible for the health team
- Ability to ensure zero contact with high-risk people living in the whare

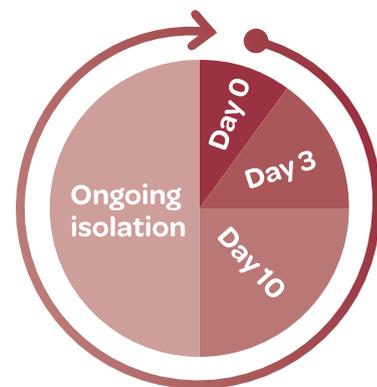
If you have, or later develop, any COVID-19 symptoms, everyone in your whare must stay at home until you receive a negative test result.

COVID-19 spreads easily inside, so where possible, open a window and make sure your whare is well-ventilated.

Five things you need to know when isolating at home

-  1 Do not leave your place of self-isolation unless it is a **permitted reason** such as an emergency. See page 8 for financial support options.
-  2 Hang the poster on the back page on your front door to let manuhiri know you're self-isolating.
-  3 Order items online or ask whānau and friends to drop off essentials in a contactless way.
-  4 COVID-19 spreads easily indoors. Limit time together, ventilate your whare by opening windows and do not share any items such as cutlery, linen, kai or inu.
-  5 If you need medical or welfare assistance, call your health provider and/or Kaimanaaki, explain your situation, and follow their advice. Call 111 in an emergency.

The COVID-19 Isolation Clock



DAY 0

- COVID positive case must isolate for 7 days.
- Household contacts must also isolate for 7 days. They must also take a RATs test on day 3 and day 7.

Anyone who tests positive does not need to be tested again.

Day 0 - A PERSON IN YOUR WHĀNAU TESTS POSITIVE FOR COVID-19



Original COVID case and your whole whānau go into isolation together for 7 days.

DAY 3

- All household contacts take a day 3 RATs test.
- Anyone who tests positive becomes a positive case and their 7 day isolation clock will restart.
- Anyone who tests negative will continue to isolate for another 7 days.

Day 3- A SECOND PERSON IN YOUR WHĀNAU TESTS POSITIVE FOR COVID-19



New COVID-19 positive case goes back to Day 0 and restarts their own 7 day isolation clock.

The original COVID case and the rest of your whānau continues on the original isolation clock

DAY 7

- All household contacts take a day 7 RATs test.
- If all tests are negative and no one has symptoms, household contacts can be released from isolation.
- If original COVID case has no symptoms, they can be released from isolation.
- Isolation ends at the end of Day 7 (11.59pm).

Isolation ends at the end of Day 7 (11.59pm).

DAY 7 - EVERYONE IN YOUR WHĀNAU EXCEPT COVID POSITIVE PEOPLE GET TESTED



All tests are negative and you have no symptoms. Everyone on original isolation clock is released from isolation at the end of day 7 (11.59pm).

ONGOING ISOLATION

- Ongoing isolation for household contacts who test positive after original case.

Isolation clock is different from original COVID case.

ONGOING ISOLATION FOR ANYONE WHO TESTS POSITIVE AFTER O.G COVID CASE



2nd COVID positive case remains in isolation and continues with their own isolation clock.

The rest of your whānau should continue to watch for symptoms and get tested if they feel sick.

Ngā mea waiwai

Essential items

It's a good idea to check your cupboards to see what you might need. Support is available for those who need it. See page 7 for a list of useful contacts.

Kai

- Canned: beans, tomatoes, spaghetti, tuna, fruit and vegetables
 - Staples: flour, sugar, rice, butter, oil
 - Dried: pasta, oats, cereals, lentils, noodles, milk powder
-

Hygiene

- Disinfectant
 - Cleaning products such as dishwashing and laundry detergent, bleach, surface cleaners, cream cleanser, antiviral detergent
 - Rubbish bags
 - Paper towels
 - Hand sanitiser
 - Toiletries such as soap, shampoo, toothpaste, toilet paper, tissues, sanitary products
-

Medication

- Over the counter medication such as pain relief, pamol for pēpi and tamariki, decongestant chest rub, cough syrup, lozenges
 - Back up prescription medication such as inhalers, glasses and contact lenses
 - Up-to-date first aid kit
-

Pēpi

- Pēpi supplies such as formula, wipes, nappies, rash cream
-

Pets

- Wet and dry pet food
- Pet medication

Taratahi Quarantine

You may be moved into a taratahi facility if you cannot safely self-isolate at home. This is the best way to stop the virus spreading to others in your whare, and to ensure you are well looked after.

Managed isolation and quarantine facilities are staffed by a team of health professionals.

There is no cost for quarantine or the care that you receive during your stay.

When can you leave?

You may be required to stay in managed isolation until you have been confirmed by a health practitioner to be a low risk of having or transmitting COVID-19, which will likely be after 7-14 days.

For the latest managed isolation timeframes, go to miq.govt.nz

Your hauora in managed isolation

During your stay in managed isolation, you will get three meals a day and snacks, Wi-Fi, laundry services, basic toiletries, and refreshments, so you do not need to leave to get supplies.

For more on your general hauora, see page 14.



Hauora

Our wellbeing

Taking care of our wellbeing

Living with COVID-19 in our community can be stressful and overwhelming at times. Taking care of your mental health and wellbeing is so important.

By looking after and strengthening all aspects of Te Whare Tapa Whā, you can support your own health and wellbeing, as well as the health and wellbeing of your whānau.



Taha Wairua

Spiritual

- Write down the actions, attitudes and beliefs that matter most to you and your whānau, and display them somewhere special. Have a reflection and goal-setting session. Think about the things you are proud of, the challenges you've overcome, the people who are important to you and the things you hope to achieve in the future.
- Try a mindfulness meditation.
- Learn a waiata or song that uplifts you, or a karakia that you can say at the beginning or end of your day to ground yourself during times of stress.

Taha Tinana

Physical

- Support your whānau to drink more wai, eat healthy kai, get eight hours of sleep and spend time outside in the fresh air and sun.
- Make physical activity fun and social – take a whānau walk after dinner, hold a dance-off or play tag with your tamariki.

Taha Hinengaro

Mental and Emotional

- If you're feeling unwell or your mental health is getting worse, reach out for support. A list of useful contacts is on page 7.
- Try to reduce how much you watch, read or listen to news if it makes you feel anxious or distressed. Seek the latest information once or twice a day if needed.
- Try something new or rediscover an old hobby.

Taha Whānau

Family

- Set times during the week where, as a whānau, you check in with one another to see how each other is feeling. This will help identify whether any additional support is needed.
- Use technology to stay connected. You can still reach out to your usual supports – whānau, friends and workmates – over the phone or online. Staying in touch with the people you care about, making sure they're doing okay, will help you too.

Whenua

Land, roots

- Discover the name of the iwi, hapū, maunga and awa of the place you live.
- Learn a karakia, whakataukī/ Māori proverb or waiata/song with birds, plants and nature in it. Say it each morning to start your day.
- Sit in your backyard or local park. Take your shoes off and feel the grass beneath your feet.

Mahere takatū

Get prepared plan

Make sure you have all your bases covered ahead of time, in case you or somebody in your whare gets COVID-19.

Who are you responsible for in your whānau?

Name				Age
Address				
				Phone
Vaccination status (please circle number of doses)	0	1	2	Booster
Medical conditions				
Medicines				
Allergies				
Do they require regular care? Yes <input type="checkbox"/> No <input type="checkbox"/>				
Details				

Name				Age
Address				
				Phone
Vaccination status (please circle number of doses)	0	1	2	Booster
Medical conditions				
Medicines				
Allergies				
Do they require regular care? Yes <input type="checkbox"/> No <input type="checkbox"/>				
Details				

Who are you responsible for in your whānau?

Name	Age
Address	
Phone	
Vaccination status (please circle number of doses)	0 1 2 Booster
Medical conditions	
Medicines	
Allergies	
Do they require regular care? Yes <input type="checkbox"/> No <input type="checkbox"/>	
Details	

Name	Age
Address	
Phone	
Vaccination status (please circle number of doses)	0 1 2 Booster
Medical conditions	
Medicines	
Allergies	
Do they require regular care? Yes <input type="checkbox"/> No <input type="checkbox"/>	
Details	

Name	Age
Address	
Phone	
Vaccination status (please circle number of doses)	0 1 2 Booster
Medical conditions	
Medicines	
Allergies	
Do they require regular care? Yes <input type="checkbox"/> No <input type="checkbox"/>	
Details	

Are there any regular activities you had planned to do in the next 7 days that you will need to make alternative arrangements?

Date	Task
Alternative Arrangements	

Date	Task
Alternative Arrangements	

Date	Task
Alternative Arrangements	

Date	Task
Alternative Arrangements	

Date	Task
Alternative Arrangements	

Date	Task
Alternative Arrangements	

Are there any regular activities you had planned to do in the next 7 days that you will need to make alternative arrangements?

Date	Task
	Alternative Arrangements

Date	Task
	Alternative Arrangements

Date	Task
	Alternative Arrangements

Date	Task
	Alternative Arrangements

Date	Task
	Alternative Arrangements

Date	Task
	Alternative Arrangements

Take time now to prepare, so if your whānau gets māuiui, you know what to do, can help contain the spread of the virus, and give yourself and your whānau the best possible chance to get through this next phase of the pandemic in Aotearoa.

Together we can get through this.

If you feel unwell



1 Self-isolate immediately.



2 Call Healthline on **0800 358 5453** for advice.



3 Get tested.



4 Tell your close contacts that you're self-isolating.



5 Stay at home until you are cleared.

Call 111 in an emergency.

He waka eke noa

*We're all in this
together*

Kei te noho taratahi tēnei whānau We're self-isolating

Kaua e kuhu mai ki roto i tēnei whare.

**For your safety, please do not
come into our whare.**

