

#DOITFORYOURWHĀNAU

STOP THE SPREAD OF COVID-19



WASH YOUR HANDS

often and thoroughly with soap and water for at least 20 seconds, make sure you dry them thoroughly.



USE HAND SANITISER

containing at least 60% alcohol if regular soap and water is unavailable.



CALL IN ADVANCE

if you are experiencing coughing, fever or shortness of breath. Free-call Healthline on 0800 358 5453.



MAINTAIN DISTANCE, BUT STAY CONNECTED

Stay home. If you have to go out, keep a 2 metre distance from other people. Give your Nan a call or start a whānau group chat - do what you can to stay connected.



KEEPING YOUR WHARE CLEAN

Wipe surfaces with general household cleaner or disinfectant and keep spaces well-ventilated.



STAY POSITIVE & BE KIND

Remember to reach out to friends or whānau if you are feeling overwhelmed or anxious. Additionally, there are FREE services available 24/7 to support you & your whānau.

FREE CALL OR TXT 1737 ANYTIME TO SPEAK WITH A TRAINED COUNSELLOR

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COVID19.GOV.T.NZ

RANGATIRATANGA

BEING LEADERS IN OUR OWN HOME

#DOITFORYOURWHĀNAU

Who will go shopping & gather supplies?

Suggestion: *Keep the number of whānau members leaving the house to a minimum. Consider choosing one person to collect & deliver supplies (including medications) to several households in your whānau.*

What must you do if leaving the house?

- Stay calm & be kind.
- Be vigilant in maintaining a 2 metre distance from other people.
- Avoid touching surfaces.
- Avoid touching your face.
- Use hand-sanitizer when possible.

What is the tikanga for coming home?

Wash your hands. *Leave your shoes outside and think about where you leave your bags, keys, phone etc. Consider showering and washing the clothes you wore out.*

What to do with new products coming in:

Suggestion: *Clean the outside of plastic products and wash fruit & veggies thoroughly after bringing them home from the supermarket.*

How will your whānau stay connected?

Suggestion: *Consider things like planning check-ins with whānau members (eg. Nikki will call Aunty on Wednesdays to check in), starting a whānau group chat.*

Who will you contact in an emergency?

Name:
Contact number:
Healthline: 0800 611 116
Emergency: 111
Free-Call/Txt 1737 anytime (open 24/7) to speak to a trained counsellor.

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