

## Are you ready if you or someone in your whānau gets COVID-19?



Kia ora whānau. Here are some ways you can prepare to protect yourself, your whānau and your community if you have to isolate at home with COVID-19.



Now is a good time to discuss with whānau, friends and neighbours what to do if a COVID-19 outbreak occurs in your community.



**You know what will work best for you. Now is a good time to make a plan** and to begin getting ready to support someone that may have to isolate to get well and to think about ways to help keep yourself and others healthy.



It's also a good time to practise social distancing by keeping 2 metres away from others. It can be hard, but try to avoid physical greetings such as handshaking, hugs, kisses and hongi.



If your neighbourhood has a neighbourhood group already or even a website or social media page like Messenger or WhatsApp, consider joining to keep in touch with whānau, neighbours, information, and resources.



Share phone numbers with your whānau and neighbours to ensure everyone can receive support, especially those who are vulnerable and isolated.



**Remember: If you are feeling unwell, stay at home and seek advice from your doctor or medical professional. Have your doctor's number written down somewhere others will be able to get to it if you are unwell.**




## My whānau 'Get Ready' checklist

Personal or whānau name:



### Health

Caring for whānau, food & kai, medical & dental care	Y/N	Action to get ready 
To help everyone stay safe at home, can you keep separate/isolated from someone in your whānau that is sick at home?		
Can you create a house plan for self-isolation so you are prepared and everyone knows what to do in advance?		
Does anyone in your whanau live alone? Work together to create a support plan using contactless delivery.		
Do you have any face masks, gloves, hand sanitiser and disinfectant/wipes at home? Can you easily access supplies of these items?		
Do you have a list of your usual grocery shopping that someone could help you with?		
Do you have access to internet shopping?		
Do you have someone that could shop for you and drop off your groceries in a contactless way?		
Do you know who you could help with shopping in your whānau or neighbourhood if they were unwell? Think about how you could do this in a contactless way.		
Do you need wood or gas for your cooking, heat or BBQ? Is it easy to arrange this in advance?		
Do you have a freezer that kai can be kept in while you are unable to shop for a short time?		

Is there kai in your garden that could help keep you healthy?		
Personal cares - do you have enough at home for a fortnight?		
Do you have laundry facilities at home, or do you need some help with washing clothes and bedding/towels?		
Do you have any medical prescriptions that you may need to arrange a repeat for?		
Do you have the contact number for your dentist if you need dental advice over the phone?		
Do you have the phone number of your optician if you need any advice while you are isolating at home?		
Do you have any special needs for support or aides, for example, disability support at home? Do you have the contact number written down at home for your usual disability support kai mahi?		


**Tips - just in case:**

- *Keep a diary of your symptoms, note how you are feeling, the day, time and date. This may help you track any symptoms if you start to feel unwell.*
- *Check if there is already a list of local services and contacts / organisations that provide wellbeing support in your community. You can share this list with whānau and neighbours. If you don't have a list, get together with your community and create one.*
- *Create a one sheet list of important info, your medications, key phone numbers for your whanau, GP, school, bills that are paid regularly. Keep this in an easy to find place – on the fridge door with a magnet.*
- *Clean all surfaces that are touched often, like counters, table tops and doorknobs.*
- *Avoid sharing personal items with other people in your household, like dishes, towels and bedding.*



## Neighbours




	Y/N	Action to get ready 
Do you have a phone tree/list of whānau and neighbours' phone numbers?		
Do you have credit on your phone for couple of weeks at least?		
Do you have a whānau group on social media like WhatsApp or Messenger?		
Can you phone and check your neighbours are OK while maintaining appropriate Covid-safe practices?		
Can you support your whānau or neighbour with kai from your garden?		
Can you support your whānau or neighbour with animal care or garden help while they are unwell?		
Does your community have a local support page online where messages about kai and help can be shared?		
Is there a local list of support contact numbers you have handy and can share?		
Are you a good listener and like talking to people over the phone to check on whānau and neighbours?		

### Tips – just in case

- Remember contactless drop off when helping whānau and neighbours.

## Finances




	Y/N	Action to get ready 
Do you have a phone number for your employer at home so you can let them know you are not able to work and need to self-isolate at home?		
If you do need to self-isolate at home, ask your doctor for a medical certificate to ensure your work and payment benefits are covered.		

Do you have the number for the MSD support line to ensure you have enough money and support while you are unwell?		
Do you have a budget with your regular bill payments noted down, i.e., electricity, internet etc so if someone can help you with this if you are not well?		


### Education



	Y/N	Action to get ready 
Do you have a telephone or email contact for your tamariki teachers at early childhood, kura, high school?		
Do you have access to internet for school and education lessons online if needed?		
Can you help your tamariki with their schoolwork or education at home while practising safe distancing?		

### Transport




	Y/N	Action to get ready 
Do you have access to transport if someone in your whānau is unwell and needs contactless support?		
Do you have petrol in your vehicle for contactless support of your whānau or neighbours?		

### Tamariki

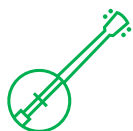
Think about what you will need to have at home to care for tamariki in case you can't get to the shops.




	Y/N	Action to get ready 
Do you have enough disposable nappies and baby wipes?		
Do you need rubbish bags for disposable nappies?		


Can your rubbish bags be disposed of in a contactless way?		
Do you need baby formula?		
Do you need baby food if your baby is eating solids?		
Do you need any special medicines or creams for your tamariki?		
Have you got some activities at home for tamariki that can be fun and creative and help with energy? Books, art, creative materials?		

### Wellbeing & wairua



	Y/N	Action to get ready 
I know who I can ask for help in my whānau and community.		
I know who I can help in my whānau and community.		
I know who I can talk to for advice and a listening ear.		
I can access my usual spiritual support and have contact numbers written down at home.		
I have some activities I can do at home that will help me to feel relaxed i.e. – music, books, craft materials.		
I can access outdoor space or the garden for fresh air?		

### Pets and Livestock

	Y/N	Action to get ready 
Do you have enough feed for your pets and animals?		
Is there anything special you need from your vet for your animals?		



Can this be arranged in advance just in case you need to have some supplies as a backup?		
Is your vet phone number written down on your key contacts phone tree list?		
Can someone in your whānau or neighbourhood help with your livestock if you are not able to?		





Run through this checklist and write down some ideas that will help you get ready to support family and neighbours should they need to self-isolate at home.

## What has worked for others recovering from COVID-19

Here is a quick checklist from other people that have been at home in the community recovering from COVID-19.

Remember you may not need all these things; these are things that have helped other whānau to be at home with COVID-19.

You may want to share these ideas with your whānau and neighbours as part of your 'Get Ready' preparation.

 <p>Safety</p>	<ul style="list-style-type: none"><li>• Phone plan - who is my phone contact list</li><li>• Masks</li><li>• Gloves</li><li>• Hand Sanitiser</li><li>• Charged Phone</li><li>• Disinfectant</li><li>• Clean drinking water</li><li>• Childcare plan</li><li>• Ventilation and warmth</li><li>• Support person</li><li>• Rubbish Bags</li><li>• Cleaning products</li><li>• Spare batteries for gadgets</li></ul>
 <p>Fever</p>	<ul style="list-style-type: none"><li>• Over the counter pain relief [like Panadol] but ALWAYS follow your GP instructions</li><li>• Thermometer</li><li>• Cool packs / heat packs</li><li>• Warm clothes or rugs you can layer easily and throw off</li></ul>
 <p>Coughs, throat, sinus</p>	<ul style="list-style-type: none"><li>• Tissues</li><li>• Kawakawa or other balm</li><li>• Ice blocks in the freezer</li><li>• Vicks or eucalyptus for steaming</li><li>• Bowl and towel for head steaming or vaporiser</li><li>• Throat lozenges</li></ul>
	<ul style="list-style-type: none"><li>• Arrange for someone near to you to care for your animals/livestock so you don't need to worry and can focus on getting well.</li></ul>