



Te Hau Āwhiowhio o Ōtangarei Trust

COVID – 19 UPDATE OTANGAREI WHANAU

Tēnā koutou Katoa!

As the Coronavirus pandemic lands on our shores of Aotearoa we thought it timely to update all of our whānau who utilise our services and the wider community of how the pandemic will affect Te Hau Awhiowhio and the whanau we serve.

At this time we are taking every measure to ensure that our staff are kept safe and well as it is important that our staff are able to continue to deliver our different services to the community during this period.

WHAT YOU NEED TO KNOW:



1. When you visit our buildings you will see posters and signage at the front doors of our main office and Hauora clinic. The sign asks you if you have ANY flu like symptoms to please call us instead of entering the building.

It is really important that you take note of the signage!

Main Office	09 437 0908
Hauora Clinic	09 437 3045

If you do not have any of the symptoms then by all means come in and one of our reception staff will be able to help you from there.

2. Where possible the trust will do what we can on the telephone. This includes health consultations, budgeting and social services.
3. We will update our website www.otangarei.org and facebook page Te Hau Awhiowhio o Otangarei Trust as changes occur so this is the best Place to find out what is happening with our services.





Due To The Increase In Calls And Requests For Information This Is What We Know So Far.

What exactly is Novel Coronavirus or COVID-19

Coronaviruses are a large family of viruses that are known to cause illness ranging from the common cold to more severe disease such as Severe Acute Respiratory Syndrome or SARS. A novel coronavirus is a new strain of coronavirus that hasn't previously been identified in humans.

In January 2020, officials identified a new coronavirus, called COVID-19.

What are the symptoms of COVID-19

COVID-19 symptoms are similar to a range of other respiratory illnesses such as influenza (flu) and do not necessarily mean that you have COVID-19.

Symptoms can include a fever, coughing and difficulty breathing.

Difficulty breathing is a sign of possible pneumonia and requires immediate medical attention.

For a comprehensive list of symptoms, please contact your medical doctor or visit www.health.govt.nz

How is COVID-19 spread?

The scientific evidence confirms that coronavirus is spread by droplets, this means that when an infected person coughs, sneezes or talks, they may generate droplets containing the virus. These droplets are too large to stay in the air for long, so they quickly settle on surrounding surfaces.

Droplet-spread diseases can spread by:

- Coughing and sneezing;
- Close personal contact;
- Contact with an object or surface with viral particles on it and then touching your mouth, nose or eyes.

That is why it is really important to practise good hygiene, regularly wash and thoroughly dry hands and practice good and sneeze etiquette.

How long does it take to develop symptoms?

It is still unknown exactly how long it takes for a person to develop symptoms after being exposed to someone with the virus. Based on the characteristics of other coronaviruses, it is likely to be between two and fourteen days.

Self-isolation and Quarantine

The difference between self-isolation and quarantine is that self-isolation is the voluntary choice of the person and /or an employer, whereas quarantine is demanded by Government or a medical doctor.



Precautionary measures to take as Whanau

Precaution is better than cure, herewith a few precautionary guidelines for you to follow to ensure you stay safe;

Our Take on the Current Situation!



Please take your health and your families wellbeing seriously **but**

There is a level of hysteria been created that is not helpful or productive, Take the time to listen to the NZ news and make informed decisions on your correct information, not ones through scaremongers.

It makes sense to start talking as whanau and looking at your wellbeing and care in a **(Worse case senario of a local outbreak)**. Putting alittle away like unperishable food and cleaning products to help keep your home healthy and tide you over if you become unwell and need to be at home may be a start including maintaining managable social circles i.e limiting where you go and who you socilise with.

Practice all the usual things you would do if your household had sick whanau from flu etc.

The New Zealand Government and the Ministry of Health is where we are getting all of our up to date information from. You can also see this information on TV and social media.

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus>

**** KEEPING YOURSELF AND WHĀNAU WELL ****

- Cough or sneeze into your elbow or by covering your mouth and nose with tissues.
- Put used tissues in the bin or a bag immediately.
- Wash your hands with soap and water often (for at least 20 seconds).
- Try to avoid close contact with people who are unwell.
- don't touch your eyes, nose or mouth if your hands are not clean the virus can enter through the eyes, nose and mouth
- Avoid personal contact, such as kissing, sharing cups or food with sick people.
- Clean and disinfect frequently touched surfaces and objects, such as doorknobs.
- Events – try to avoid events with a lot of people, like concerts, markets or sports games;
- Social distance – keep your distance from people, rather stay home and spend time with your family;
- Public transport – if possible, avoid using public transport;
- Carry disposable tissues with you at all time;
- Don't use the same glass or cup than someone else before it is washed;
- Try to avoid shaking hands with people – if not possible, wash hands immediately after;
- If you feel sick, unwell or under the weather, stay at home until you feel better.

Call Healthline on [0800 358 5453](tel:08003585453) if you have any symptoms and have recently been overseas, or have been in close contact with someone confirmed with COVID-19.

ARE YOU READY?