



Te Hau Āwhiowhio ō Otangarei Trust

PREPARE YOUR WHARE

- YOUR ISOLATION PLAN -



The important stuff ...

Address: _____

Phone number: _____

Alternative phone number: _____

Who lives in your whare:

Name

Date of birth

NHI number

NHI - National Health Index, it helps health professionals identify you correctly - you can look on a prescription or health letter or call your GP to get you this.

Our Emergency List and Important Numbers

Name

Number

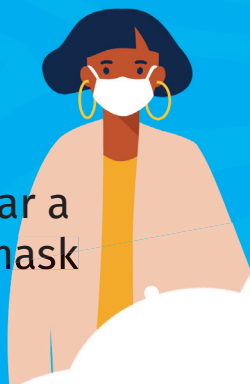


Supporting ways to keep COVID out of your whare

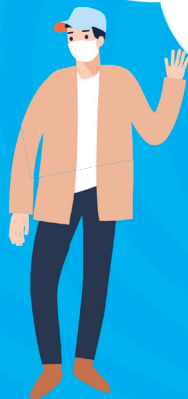
1. Get your COVID vax



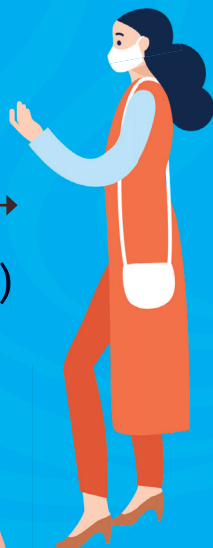
2. Wear a face mask



These are the things you can do to try and keep you and your whānau safe from COVID!



3. Physical distancing (2m)
Open doors & windows



4. Clean your hands frequently with soap/sanitiser



What to expect if you test positive for Covid-19

STAY IN YOUR HOME

You and everyone you live with should stay home, unless told to do so by a health professional or in an emergency if you have called 111.

WHAT TO EXPECT

Most vaccinated people will have a mild illness for a few days. Some will have no symptoms at all.

If you are worried, call your GP or Healthline on 0800 358 5453.

HOW LONG DO I NEED TO ISOLATE FOR?

- You can leave home isolation after **10 days**.
- If your symptoms do not go away or get worse call your GP or Healthline on 0800 358 5453.

MY HOUSEHOLD BUBBLE

People you live with need to remain at home while you are isolating too. They need to get tested on Day 8. This is to check if they have COVID-19 too.

They can visit www.closecontact.nz or call Healthline on 0800 358 5453 for more information on what to do next.

WHO YOU SHOULD TELL

- Your employer
- Your child's school, kura or Early Learning Service
- Friends, family and others you've spent time with recently
- Any organisations, businesses or services you attended indoors for more than 15 mins (e.g. your church or physio)

Tell people you've spent more than 15 minutes with in your infectious period to stay home and visit www.closecontact.nz for more information.

Your infectious period is 2 days before your symptoms started or 2 days before your test if you have no symptoms.



What does it mean to self isolate at home?



You must stay at YOUR home unless you are asked to leave by your health team. This will usually be for a test or another medical reason.

No, you are **not able to go out even for essential things.**



Work and school are not for you!! Worried about your pay? Talk to your employer first, or, you may be able to get some support from WINZ so give them a call or look on their website

You should maintain a 2-metre distance from your household members and should not share a bed or bedroom with any member of your household.



No extended bubbles. Please don't invite your friends and whānau over.

You will have support to make sure you have enough kai for your whānau. There are a few options - start with whānau/ friends or online shopping, make sure someone else can pick up and drop off safely to you. Safely means outside your home with no contact. If you are unable to organise kai delivery or you have concerns let your manaaki team know.



Sunshine and fresh air are your friends. You can go outside onto your deck or garden, but you must stay on your property and away from everyone.

- Only use shared spaces (kitchen/living room) by yourself.
- Clean and disinfect all surfaces you touch.
- Everyone in your home should wear a mask that covers their nose and mouth, especially when in contact with the person who is COVID positive.
- Wash your hands often (with soap and/or sanitiser).



Whānau Essentials

What's special about my whānau?
What will we need and do we have it?

Medications, special kai, games/toys, power cards,
phone top ups.



If COVID comes to your whare, what do you need to plan for?

**What happens to your:
Kids
Mokopuna
Kuia & Kaumatua?**

**Who can look
after your pets or
animals if you can't?**

**Who relies on your
support/help that
you need to think
about?**

**What about your
marae or church
responsibilities?**

**What about
your work/mahi? What
about regular medical
treatment?**



Our plan for:

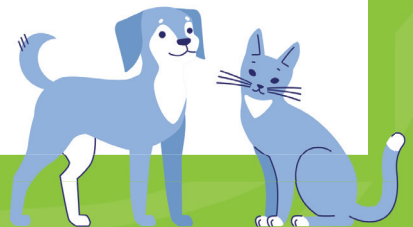
Our Tamariki/Children:

Our Kuia & Kaumatua:

Work & School:

Our Pets:

Our Community Responsibilities:



Our plan to keep our whare well and COVID-free

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

If you feel that you are not coping...

If you feel you are not coping, it is important to talk with a health professional.

There are helplines available that offer support, information and help. All services are available 24 hours a day, 7 days a week:

Need to Talk?: Free call or text 1737 any time for support from a trained counsellor.

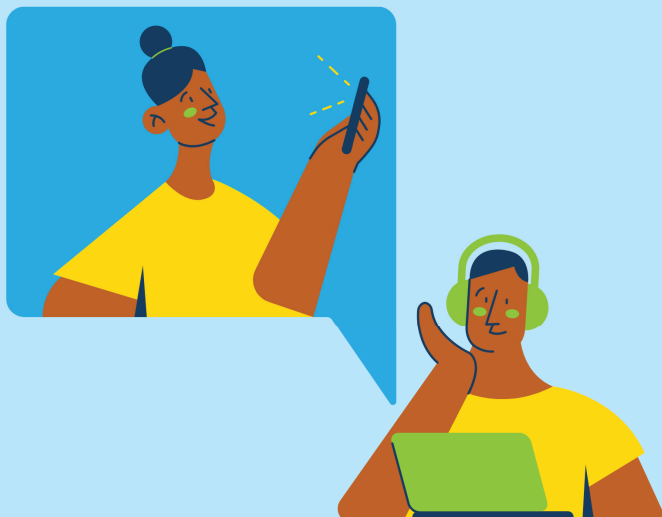
Youthline: Call 0800 376 633, free text 234.

What's Up?: Call 0800 942 8787 — a safe place for children and young people to talk.

Lifeline: 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP).

Suicide Crisis Helpline: 0508 828 865 (0508 TAUTOKO).

Depression and Anxiety Helpline: 0800 111 757 or free text 4202 to talk to a trained counsellor about how you are feeling or to ask any questions.





Te Hau Āwhiowhio ō Otangarei Trust

Te Hau Āwhiowhio ō Otangarei Trust

Freephone 0800 120 912

Te Hau Āwhiowhio ō Otangarei Trust Hauora

Freephone 0800 120 916



www.facebook.com/tehauawhiowhio

IMPORTANT NUMBERS

Work and Income - 0800 40 80 40

COVID19 Welfare Line - 0800 512 337

Salvation Army Welfare Line - 0800 53 00 00

Healthline - 0800 611 116

*For any further information please visit the Ministry of
Health website: www.health.govt.nz*

A HEALTHY OT FOR YOU AND ME