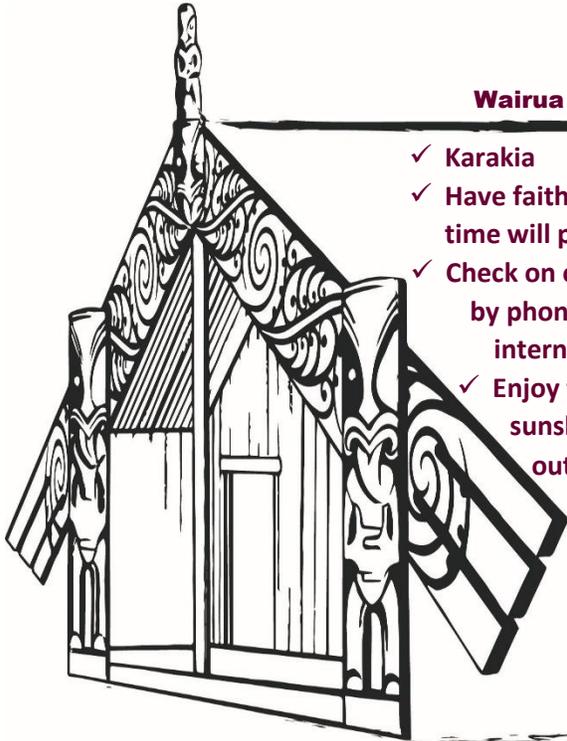


Whānau Ora ER Plan

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a type of virus called a coronavirus. It's important that you and your whānau stay safe and healthy.



Wairua

- ✓ Karakia
- ✓ Have faith; this time will pass
- ✓ Check on others by phone or internet
- ✓ Enjoy the sunshine outside

Whānau

- ✓ Stay in touch / connected with whānau & friends
- ✓ Avoid being with groups of people
- ✓ Who are your 'go to' whānau tautoko
- ✓ Talk to employer or WINZ if affected
- ✓ Limit tangihangā

Tinana

- ✓ Stay at home as much as possible
- ✓ Keep 2 meters between you & others
- ✓ Wash your hands often
- ✓ Try not to touch your face
- ✓ Cough and sneeze into your elbow or tissue
- ✓ Get good sleeps
- ✓ Drink lots of water
- ✓ Eat healthy kai
- ✓ Keep taking your meds
- ✓ Stay active, exercise

Hinengaro

- ✓ Stay calm
- ✓ Don't read about COVID-19 all day
- ✓ Keep in touch with others by phone and online
- ✓ Play music
- ✓ Do things at home that you enjoy
- ✓ Let others know if your worried
- ✓ Stay positive

Who is your whānau 'go to' person to help with shopping, picking up medications, transport?

Who is your whānau 'go to' person that you enjoy having a kōrero and laugh with? How can you stay connected to them?

What new or existing hobbies or activities can you and your whānau enjoy from home?

How can Ngā Kākano help you at this time?

- ✓ We can call you once a week, keep you updated and check how you are doing
- ✓ We are open and available by phone. If you need medication, or a GP, Nurse, Breastfeeding Specialist or Addiction Practitioner call 07 573 0660 or text 027 554 1118
- ✓ Assistance with transport to the Community Based Assessment Center in Tauranga, picking up shopping, transport assistance for urgent blood tests to Pathlab to Tauranga. Call Vicki on 027 554 1138 or text Rangitawhai on 021 158 7701.

For more COVID-19 Advice visit www.covid19.govt.nz or www.uruta.maori.nz

Its important to identify who your 'go to' whānau and friend supports are and how you can to stay connected with them by phone or social media like Facebook during the lockdown

If you are feeling sick and think it is COVID-19 ring Healthline (0800 358 5453) or Ngā Kākano on 07 573 0660. Don't come in to see your GP, we will call you back and the GP or Nurse will check you over the phone first. Make sure your phone is off silent so you can hear your phone ring.

Helpful Numbers still Operating

0800 358 5453 COVID-19 Healthline

0800 611 116 Healthline (general health)

0800 933 922 Plunketline (tamariki health)

0800 778 778 Quitline

0800 REFUGE Women's Refuge

0508 FAMILY Oranga Tamariki call center

0800 1MANUP Help for tane and wāhine & online support groups

0508 744 633 SHINE (worried for own safety or whānau living with domestic abuse)

0800 787 797 Alcohol and drug helpline

0800 628 632 Narcotics Anonymous

0800 229 6757 Alcoholics Anonymous

0800 543 354 or free text 4357- Lifeline

0800 376 633 Youthline

0800 726 666 Samaritans

0800 688 5463 Outline (LGBT)

0508 828 865 Suicide Prevention Helpline

0800 111 757 Depression Helpline

07 573 9869 My Pharmacy; free delivery of medication in Te Puke

If you are in any danger, subject to abuse, or in an
emergency please call 111

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