

# #Protect Our Whakapapa

## Whānau Plan

Example of things to plan with your Whānau



### 1. Who is in our whānau?

#### Who else are we responsible for?

- Name
- Address
- Age
- D.O.B
- Gender
- Phone number
- Medical Conditions
- Medicines
- Allergies

### 2. Emergency contact list

- Non-Household emergency contact
- Doctor
- Dentist
- Usual chemist/pharmacy
- Healthline (COVID-19) **0800 358 5453**
- For COVID-19 vaccination advice call **0800 28 29 26**
- Healthline (normal) **0800 611 116**
- Police Emergency **111**
- Police (local station)
- Support agencies
- Other important numbers

### 3. Items that are essential to the wellbeing of our whānau

#### Examples:

- **Do you have plenty of formula** for any pēpi who drinks from a bottle?
- Other than kai and wai, **what else is essential that we don't have?**

### 4. Does everyone in our whānau understand how to prevent Covid-19?

- **Why we have to stay home** and only go out to access essential services.
- **If we go out to the supermarket/ pharmacy** how do we keep safe?
- **What do we do to keep safe** when walking in our neighbourhood?
- **Should we and can we drive anywhere** in a Level 4 lockdown?

### 5. What is the plan if a whānau member becomes infected with Covid-19?

- **Create** a self-isolation space in your whare for that whānau member to stay in.
- **Discuss** how important it is that the person who is sick is in self-isolation.
- **Let younger tamariki know** their very important job is to stay away from the māuiui person and the isolation space.

### 6. If I get sick, who will need to be contacted? Who will look after the tamariki?

- **If I get sick** and need to self-isolate, will someone here look after the tamariki or should we make other arrangements?
- **Who** needs to be contacted if I get sick?
- **What is our 'Tamariki Plan'**, e.g. who will look after them?
- **Having someone to care for your tamariki** at home is the safe option.
- **If the tamariki need to go somewhere else**, will their clothes & belongings need to be washed before leaving our whare?

### 7. What are the specific needs unique to our whānau?

#### Examples:

- **Who are the high-risk** whānau we might need to care for during the lockdown?
- **Are there any specific health or mental health** needs we haven't thought about?
- **If we usually go to church**, how will we continue to practice our faith?

### 8. What else needs to be considered?

- **Do** the tamariki need to do any schoolwork or catch up on homework?
- **Are** the tamariki missing their friends? (Show them how to Facetime or Messenger call).
- **Are** all the fire alarms in the whare working? If not, what do we need to do? Who do we contact?

### 9. COVID-19 websites for whānau

Here are a couple of websites with accurate & useful information about COVID-19:

Unite against COVID

<https://covid19.govt.nz>

or My Covid Record to report your RAT

<https://mycovidrecord.health.nz/>

Ministry of Health

<https://www.health.govt.nz/covid-19-novel-coronavirus>



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