

# #Protect TE MOANANUI A KIWA



## Make a Plan

**Decide what happens if someone in your whare gets māuiui/sick**

**Option 1:** Set up a room in your whare where whānau members can isolate themselves away from others

**Option 2:** If it's not possible to set up a room, create separate zones so they're away from shared spaces such as the living room & kitchen

**Option 3:** Coordinate with your whānau/hapori another whare where whānau can go & isolate

## Set the Tikanga

**Decide what the tikanga is for your whare so everyone is clear**

Hold a whānau hui so everyone knows how to manaaki each other if someone gets sick

Communicate your expectations with your manuhiri e.g. text or message before they arrive, beep from the gate, wait in the waka

Put up signs on your fence & front door, set up a table outside the front door with sanitiser & a QR code / register

## Prepare Your Whānau

**Make sure all the whānau are on board & understand the plan**

Put a list up on your fridge of whānau details (names, ages, NHI numbers, medical conditions, addictions) & emergency contacts (GP clinic, after hours, support agencies) - just in case

Talk with your tamariki about what the plan is if you get sick or go to hospital & how to reach out for help if needed

Nominate someone outside of your whare who can help if your whānau is isolating, like delivering kai or supplies

## Whānau Plan

### Preparing your whānau & your whare

## Prepare Your Whare

**Think about how to set up your whare to minimise the spread**

Draw up a map of your whare to help define your zones, e.g. shared spaces, isolation areas, sanitising stations

Make a list of household instructions that are easy to follow if you get sick e.g. feeding pets, paying bills

If you don't have enough room inside your whare, consider using a tent to make a comfortable space with all the necessary supplies

## Prepare Your Pātaka

**Make sure your pātaka has plenty of kai in case you need to isolate**

- Kai high in vitamins i.e. fruit & veges
- Fluids i.e. water, broth, kawakawa tea
- Baby supplies
- Hygiene products
- Medical supplies
- Cleaning supplies

Organise kai ahead of time that's easy to heat when needed e.g. soups, stew

Make up individual laundry & toilet bags for each person & store separately with your personal belongings

## Protect Your Whakapapa

**Keep to the kaupapa & encourage each other to stick to the plan**

Stay connected - arrange regular catch-ups with your whānau, friends & community

Don't be whakamā to reach out if you need help. You are not alone.

Like our tūpuna of Te Moananui a Kiwa - stay strong, stay resolute

#ProtectOurKaumātua

#ProtectOurMātua

#ProtectOurTamariki

#ProtectOurWhakapapa

