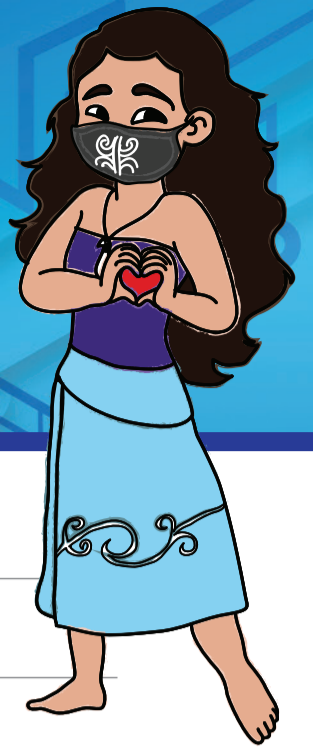


# #Protect Our Whakapapa

Whānau Plan | Mahere Whānau

MANAAKI MAI,  
MANAAKI ATU



Whānau Name: \_\_\_\_\_

Whānau Lead: \_\_\_\_\_

*The person completing this plan*

Whānau Address: \_\_\_\_\_

Phone no: \_\_\_\_\_

*Of the person completing this plan*

## WHO LIVES IN YOUR WHARE?

Name	Age	Vax Status	NHI#	Medical conditions, medications & care required	Ph no
Eg. Hine	13	1	ABC1234	Asthma - Has a puffer when needed. Allergy to eggs & nuts - so no kai with these ingredients	028 112 3460

## WHERE IS YOUR ISOLATION SPACE?

Inside your whare? \_\_\_\_\_

*Set up a room/area in your whare, where whānau members can isolate away from others.  
Write where this room/area is in your whare.*

OR

Outside your whare? \_\_\_\_\_

*If you can't isolate inside your whare, is there another option outside your whare, where you can isolate safely?*

\_\_\_\_\_

## WHAT ARE OTHER THINGS YOU NEED TO THINK ABOUT?

- Have you made a list of household instructions that are easy to follow if you get sick? E.g. how to operate household gadgets, feeding pets, paying bills, watering the plants.

\_\_\_\_\_

- Is there anyone outside your whare that relies on you for care? Or that YOU rely on for care?

\_\_\_\_\_

- Do you need to check in with anyone at mahi or kura? Will they be able to support you to work from home, or your children to learn at home?

\_\_\_\_\_

## PEOPLE WHO CAN HELP IF YOU GET SICK

Who will pick up supplies? *(that doesn't live in your whare)*

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Who will check on the tamariki? *(that doesn't live in your whare)*

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Who will help run errands? *(that doesn't live in your whare)*

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

## IMPORTANT CONTACTS

GP \_\_\_\_\_

PHARMACY \_\_\_\_\_

HOSPITAL \_\_\_\_\_

WHĀNAU ORA Community Connector \_\_\_\_\_

COVID-19 Health advice

0800 358 5453

COVID-19 Vaccination advice

0800 28 29 26

GENERAL Health advice

0800 611 116

Police / Ambulance

111

### Make a Plan

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

### Set the Tikanga

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

### Prepare Your Whānau

Share your plan and make sure all the whānau are on board and understand the plan

### Prepare Your Whare

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

### Prepare Your Pātaka

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