

Alert level 1 - Information for whānau about COVID-19

COVID-19 is a new illness. It is caused by a coronavirus.

If you have COVID-19 you might have

- Fever – feeling hot and then cold
- Cough
- Trouble breathing
- Feeling tired, sore muscles, sore throat

Most people have a mild sickness

Some people get very sick

Some people can die from Covid 19

You are more likely to get very sick if you are

- Over 50 years old
- Or you have
 - High blood pressure
 - Heart problems
 - Asthma and other breathing problems
 - Diabetes
 - People who are having treatment for cancer and some blood problems
 - Kidney problems
 - Other health problems which mean you are more likely to get sick
- Pregnant

If you are feeling sick and think it is COVID-19

- Ring Healthline (0800 358 5453)
- Or ring your GP.
- Don't go to your GP clinic or hospital. You could make people at the clinic or hospital sick

Alert level 1 - Some things you can do to help keep you and your whānau safe from COVID 19

Stay at home as much as possible

If you go out

- Stay away from crowds and people who might be sick
- make sure there is 2 metres between you and other people
- wash and dry your hands as soon as you get home

If you are sick

- stay at home. Call your GP or Healthline for advice
- Try not to have close contact with other people
- Don't share cups or food with other people.

Don't hongi, hariru, shake hands, kiss
Try an 'elbow bump', a 'chur bro'

Wash and dry your hands a lot

- Soap and water works well
- Wash for 20 seconds - if you sing 'Tūtira mai ngā iwi' or the 'happy birthday song' twice that is 20 seconds
- Dry your hands well especially between your fingers

Try not to touch your face. Wash your hands if you do.

Cough and sneeze into your elbow or a tissue. If you use a tissue put it in a bin with a lid straightaway.

Be healthy

- Get good sleeps, drink lots of water, eat healthy kai,
- Go outside in the fresh air but remember to stay 2 metres away from other people.
- Make sure these people get their flu shots early
 - all kaumatua
 - other whānau members with heart disease, diabetes, kidney problems, asthma, cancer
 - pregnant women
- make sure immunisations for all tamariki are up to date
- Take your medicines. There may be some changes to medicines because of COVID 19, so ring your doctor if you have questions about this
- Avoid close contact with sick people
- Don't share cups or food with sick people.

Clean surfaces – door knobs, benchtops, taps and other things that are touched a lot – once a day. Don't forget phones, tablets and computers!

Stay happy and don't worry

- go for a walk – remember to keep 2 metres away from other people
- have a laugh
- watch out for 'fake news'
- have fun things to do at home – pūrākau, books, games, colouring, movies, gardening, talk about whakapapa, maramataka
- connect with wairua – karakia, visit the ngahere, your awa or the moana

Stay connected with whānau and friends

- phone calls
- Facebook, Instagram, and other social media

Try not to give people hugs. Don't give hugs if you or the other (adult) person is sick. If you do, make sure everyone washes their hands before and after the hug

If you are giving a sick tamariki a hug, wash their and your hands before and after, and try not to hug them for more than 15 minutes.

If you have kaumatua, parents and tamariki living in your whare

- if you can, have kaumatua sleeping in their own bedroom
- wash and dry your hands as soon as you get home
- try to keep 2 metres apart
- don't stay closer than 2 metres for more than 15 minutes
- everyone should wash and dry their hands a lot. Soap and water is good.
- if you can, don't have kaumatua look after tamariki because tamariki can give COVID 19 to kaumatua

Get ready for Alert level 2.

- Kaumatua and people with medical conditions will be asked to stay at home
 - If kaumatua live with you and your whānau
 - what will you do to protect them when you come back to the whare?
 - Can your kaumatua have their own bedroom?
 - If your kaumatua lives on their own
 - how will you make sure they have kai and other things they might need to get from shops?
 - How can you stay in touch with them without visiting them?
 - Have they got enough of any medicines they take?
 - What else do they need for them to stay home?

There is more information for whānau and Iwi at the uruta.maori.nz

Thinking about tangihanga

See uruta.maori.nz for advice from Māori health health experts

This information was written by Dr Sue Crengle (Kai Tahu) and Dr Matire Harwood (Nga Puhī). Updated 24 March 2020.