

# Caring for Our Tamariki Through COVID-19



**Te Rōpū  
Whakakaupapa Urutā**  
NATIONAL MĀORI PANDEMIC GROUP

Currently tamariki are less likely to become seriously unwell with COVID-19.

However, tamariki who suffer from the following health conditions are more likely to get sick:

- High blood pressure
- Heart problems
- Asthma and other breathing problems
- Diabetes
- Having treatment for cancer and some blood problems
- Kidney problems
- Other health problems which mean you are more likely to get sick

Tamariki are not that great at practicing good hygiene. The most important thing is that tamariki wash their hands regularly.

Tamariki should not share unwashed ipu (bottles or cups), utensils, or bitten kai with anyone else.

Its ok for parents, caregivers and other whanau members to awhi tamariki if you live in the same house but for no longer than 15 minutes. You and your tamariki should wash your hands before and after each awhi.

The symptoms of COVID-19 are:

- a Cough
- fever
- shortness of breath

If your tamariki has these symptoms, you should first contact your GP or the Healthline on 0800 358 5453.

Your doctor or the Healthline will carry out an initial over-the-phone assessment and depending on the outcome, they'll tell you what to do next.

Depending on where you live, you could also take your tamariki to a CBAC for an assessment and possible testing if there is one near your location.

**For information on CBAC's and COVID Clinic's in your area and how to access them if you think you have COVID-19, go to [www.covid19.govt.nz](http://www.covid19.govt.nz)**

**For more COVID-19 Advice for Maori, visit [www.uruta.maori.nz](http://www.uruta.maori.nz)**