

Information for Our Kaumātua during COVID-19



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

Anyone, especially kaumātua, are also more likely to get sick if you also have the following health conditions:

- High blood pressure
- Heart problems
- Asthma and other breathing problems
- Diabetes
- Cancer

Kaumātua are now advised to stay home.

For some, staying home may be the great thing about whānau Māori is that we are experts at showing manaaki to our whānau, especially kaumātua.

You can:

- Seek the help of your whānau for shopping, medicine and prescriptions or anything else you might need from the shops.
- Go for a walk around your community, but avoid having a korero to anyone at a close distance

- Get the mail from your letter box or even do some gardening

If you don't have any whānau who are able to help you, you should contact your marae, hapū or iwi for assistance.

The symptoms of COVID-19 are:

- a cough
- fever
- shortness of breath

If you have 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 visit 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

For more COVID-19 Advice for Maori, visit www.uruta.maori.nz