



COVID-19

# WHĀNAU PLAN

This whānau plan resource is to help you think about the things that you need to have in place to support you and your whānau if you have to isolate.

**KOROWAITIA TE PUNA WAIORA, HEI ORANGA MOTUHAKE MŌ TE IWI**



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# KEEPING YOURSELF SAFE



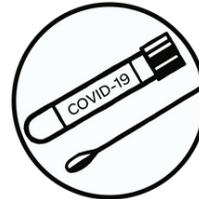
**WASH/SANITISE  
YOUR HANDS**



**GET VACCINTATED**



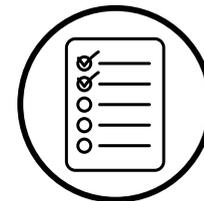
**WEAR A MASK**



**IF YOU ARE UNWELL, STAY  
HOME & GET TESTED**



**KEEP YOUR  
DISTANCE**



**PREPARE YOUR  
WHĀNAU**



**COUGH OR SNEEZE INTO  
YOUR ELBOW**



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# YOUR PEOPLE PLAN



## WHO IS IN YOUR WHARE

In case you or others in your whare get sick make a list of who is in your home.

Name:                      DOB:                      NHI Number:                      Specific Needs?

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## SUPPORT PERSON

Who else can you call on should you get unwell.

Name:                      Number:

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## EMERGENCY CONTACTS

Having a list of key emergency contacts is a must as well as a list of local and national support contacts.

Name:                      Number:

Doctor -----

Dentist -----

Local Pharmacy -----

Work -----

Education Provider -----

## TAMARIKI PLAN

Have a discussion with your extended whānau or networks as to what you might need should you become unwell and unable to care for your tamariki or other dependants.



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# KEY LISTS



## KAI LIST

- *Food that is high in vitamins (Fruit & Veg)*
- *Fluids (Water, tea & electrolytes)*
- *Staples: Flour, Sugar, Rice, Butter, Oil*
- *Dried: Pasta, Oats, Cereals, Noodles*
- *Easy heat meals*
- *Canned kai*
- *Snacks*
- *Ice Blocks*

## FIRST AID

- *Prescription Medicine*
- *Vitamins*
- *Paracetamol*
- *Cough Syrup*
- *Lozenges*
- *Chest Rub*
- *Heat & Cool Packs*
- *Tissues*

## EMERGENCY CONTACTS

### *Local*

- *Te Oranganui 0800 202 004*
- *Tupoho Social Services 06 345 2042*
- *Whanganui DHB 06 348 1234*

### *National*

- *Emergency Services 111*
- *Healthline(Covid-19) 0800 358 5453*
- *Government Helpline 0800 779 997*
- *COVID Welfare 0800 512 337*
- *Work and Income (WINZ) 0800 559 00*

## HYGIENE

- *Face coverings*
- *Gloves*
- *Hand Sanitiser*
- *Rubbish Bags*
- *Cleaning Products (Disinfectant, bleach, surface cleaner)*
- *Personal toiletry packs (soap, shampoo, toothbrush, tooth paste, sanitary products)*



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# GENERAL TIPS



- *Put this plan up somewhere so you can review it overtime.*
- *Continue to wash your hands, sanitise, wear a face covering, keep a distance from others, get vaccinated and have a kōrero about your whānau plan!*
- *Play it safe. Stay home if you're feeling unwell and keep unwell children home from school or early childhood education.*
- *If you have symptoms of COVID-19 or you are household member of a positive Covid-19 case you are able to order Rapid Antigen Testing (RAT) kits online here [requestrats.covid19.health.nz](https://requestrats.covid19.health.nz) or by calling 0800 222 478 (select option 3).*
- *If you are Covid-19 positive the Healthline (0800 358 5453) or your general practice will be able to support you if you have any questions.*
- *Keep talking to your whānau and friends so they know what you have decided.*
- *If you are worried, reach out and ask for help.*

## You can call our Covid-19 Team for support with the following:

- Getting vaccinated
- Your 'My Vaccine Pass'
- Getting tested
- Supporting you and your whānau if you need to isolate.
- Being prepared - your whānau plan!

**CALL US FREE ON:**

**0800 202 004**