

# Kete Tangata Whaikaha

## Let's be prepared e te whānau!



### Noho Taratahi / Self-isolation

If someone in your household gets COVID-19, your whole household will need to isolate until everyone has fully recovered (3 days symptom-free). Omicron spreads fast - everyone in the house may catch the virus.

- Most of us can recover safely at home. If you need advice or your symptoms worsen, call your doctor, health provider or Healthline on 0800 358 5453.
- If you are having trouble breathing, call 111 immediately.
- Have personal information ready for everyone in your whare, including: full names, birth dates/ages, NHI numbers, medical conditions and prescriptions, GPs/healthproviders and other emergency contact details.

### Mahere whakaritea / Get ready check-list

Take time now to prepare, so if your whānau gets māuiui, you know what to do, can help contain the spread of the virus, and give yourself and your whānau the best possible chance to get through this next phase of the pandemic in Aotearoa. Together we can get through this. Getting food and supplies — organise with friends, whānau or neighbours to do contactless drop offs.

### Me haumaru tō wāhi / Make your space safe

We are all in this together, and we will get through together.

- Stay connected — arrange regular catch-ups with your whānau, friends and community. If you
- are isolating, make sure these are online or by phone.
- Support your friends, whānau and workmates to make their plans to get ready.
- Find out what your community is doing — is there a group making meals to freeze, sharing-planning tips, or just staying in the know?

### Ways to feel better if you're māuiui unwell

For tiredness, fever, aches and pains:

- Get plenty of sleep and rest to help your body recover
- Stay hydrated by drinking plenty of fluids
- Take medication like paracetamol or ibuprofen

## Ngā mea waiwai / Essential items

It's a good idea to check your cupboards to see what you might need.

### Kai

Canned: beans, tomatoes, spaghetti, tuna, fruit and vegetables

Staples: flour, sugar, rice, butter, oil

Dried: pasta, oats, cereals, lentils, noodles, milk powder

### Hygiene

Disinfectant

Cleaning products such as dishwashing and laundry detergent, bleach, surface cleaners, cream cleanser, antiviral detergent

Rubbish bags

Paper towels

Hand sanitiser

Toiletries such as soap, shampoo, toothpaste, toilet paper, tissues, sanitary products

### Medication

Over the counter medication such as pain relief, pamol for pēpi and tamariki, decongestant chest rub, cough syrup, lozenges

Back up prescription medication such as inhalers, glasses and contact lenses

Up-to-date first aid kit

### Pēpi

Pēpē supplies such as formula, wipes, nappies, rash cream

### Pets

Wet and dry pet food

Pet medication

## Waea awhina KOWHEORI-19 / COVID-19 Support Directory

- COVID-19 Healthline: 0800 358 5453
- Healthline: 0800 611 116 (for advice on other health matters)
- PlunketLine: 0800 933 922 (for health advice regarding babies or children)
- Family Services: 0800 211 211

More information is available on the [Unite Against COVID-19 website](#) and [karawhuia.nz/tanga-tawhaikaha](http://karawhuia.nz/tanga-tawhaikaha) or contact your GP.

**EHARA TAKU TOA I TE TOA TAKITAHĪ, ENGARI HE TOA TAKITINI**  
**MY STRENGTH IS NOT AS AN INDIVIDUAL, BUT AS A COLLECTIVE**