

KIA MANAWANUI TE WAIPOUNAMU

Get Prepared | Kia Rite



MANAAKI MAI,
MANAAKI ATU

#Protect Our
Whakapapa



DON'T WAIT UNTIL YOU GET SICK. You don't know how hard COVID's going to affect you until you get it. Look after your whānau and your loved ones by getting prepared.

Set up a space in/around your whare where whānau members can isolate if they get sick - maybe a bedroom, a makeshift shelter on the deck, the garage or pitch a tent.

Using the whānau plan template - write down the details of your whānau members and a list of emergency contacts.

Keep your gears separate - put your kākahu, toiletries, towels and blankets etc. in a separate rubbish bag and tuck them under your bed hidden away in your wardrobe.



Get Prepared Kia Rite

Home isolation hygiene and care kit - try to gather your own supplies including:

- ✓ tissues
- ✓ soap
- ✓ sanitiser
- ✓ masks
- ✓ cleaning products
- ✓ gloves
- ✓ rubbish bags
- ✓ paracetamol
- ✓ nasal spray
- ✓ throat lozenges
- ✓ vapour rubs
- ✓ liquids
- ✓ medications.

Don't be afraid to let your manuhiri know the tikanga when they arrive at your whare. **Manuhiri**, out of respect for your host text or call before you turn up.

Don't be whakamā to reach out for help - contact one of the **Whānau Ora Community Connectors** in **Te Waipounamu** if you need support.

Nominate a support person/people outside of your whare that can help if you get sick - pick up kai, check on the tamariki, pick up medications etc.



Make a Plan

Decide what happens if someone in your whare gets māiui/sick

Set the Tikanga

Decide what the tikanga is for your whare so everyone is clear

Prepare Your Whānau

Make sure all the whānau are on board & understand the plan

Prepare Your Whare

Think about how to set up your whare to minimise the spread

Prepare Your Pātaka

Make sure your pātaka has plenty of kai in case you need to isolate