

# KIA MANAWANUI TE WAIPOUNAMU

## Looking out for each other | Manaaki Tangata



MANAAKI MAI,  
MANAAKI ATU

#Protect Our  
Whakapapa



Here are some tips on how whānau can support each other when someone in your whare gets sick.

**Make sure you have a solid plan in place** for your tamariki, whānau, whare, mahi etc. Stressing about things when you've got COVID is going to draw out the recovery process. Rest!

**Read/listen to things that uplift your wairua** - Isolation can get pretty lonely and dark thoughts may start to creep in. Occupy your time with a good book, playlist, podcast or movies that keep you uplifted.

**Stay away from common spaces** like the living room or kitchen if you're sick. Text/call/messenger someone if you need to top up your supplies.



### Looking out for each other Manaaki Tangata

**Keep the windows and doors open** - Having good ventilation in your whare will help minimise transmission between whānau members.

**Check in with your whānau throughout the day** - check how they're feeling, their symptoms and pain levels, and ask if they need anything.



**Designate an area** outside your isolation space to drop kai, fluids, medical supplies, chargers etc. Make sure to wash your hands before and after pick up.

**Prepare your Tamariki** - Make sure they understand what's happening, who to reach out for help, and how to ask for help if one of the adults get sick.

**Don't be a hero!** Most of us don't like going to the doctors at the best of times but COVID is different. If your symptoms are getting worse or you're having difficulty breathing - go to the hospital.

#### Make a Plan

Decide what happens if someone in your whare gets māuiui/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