

KIA MANAWANUI TE WAIPOUNAMU

Whānau Plan | Mahere Whānau



MANAAKI MAI,
MANAAKI ATU

#Protect Our
Whakapapa



Whānau Name: _____

Whānau Lead: _____

The person completing this plan

Whānau Address: _____

Phone no: _____

Of the person completing this plan

WHO LIVES IN YOUR WHARE?

Name	Age	Vax Status	NHI#	Medical conditions, medications & care required	Ph no
Eg. Hine	13	1	ABC1234	Asthma - Has a puffer when needed. Allergy to eggs & nuts - so no kai with these ingredients	028 112 3460

WHERE IS YOUR ISOLATION SPACE?

Inside your whare? _____

*Set up a room/area in your whare, where whānau members can isolate away from others.
Write where this room/area is in your whare.*

OR

Outside your whare? _____

If you can't isolate inside your whare, is there another option outside your whare, where you can isolate safely?

WHAT ARE OTHER THINGS YOU NEED TO THINK ABOUT?

- Have you made a list of household instructions that are easy to follow if you get sick?
E.g. how to operate household gadgets, feeding pets, paying bills, watering the plants.

- Is there anyone outside your whare that relies on you for care? Or that YOU rely on for care?

- Do you need to check in with anyone at mahi or kura? Will they be able to support you to work from home, or your children to learn at home?

PEOPLE WHO CAN HELP IF YOU GET SICK

Who will pick up supplies? *(that doesn't live in your whare)*

Name: _____ Phone: _____

Who will check on the tamariki? *(that doesn't live in your whare)*

Name: _____ Phone: _____

Who will help run errands? *(that doesn't live in your whare)*

Name: _____ Phone: _____

IMPORTANT CONTACTS

GP _____

PHARMACY _____

HOSPITAL _____

WHĀNAU ORA Community Connector _____

COVID-19 Health advice **0800 358 5453**

COVID-19 Vaccination advice **0800 28 29 26**

GENERAL Health advice **0800 611 116**

Police / Ambulance **111**

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

Share your plan and 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