

PIKI TE ORA, PIKI TE KAHA, PIKI TE MĀRAMATANGA

MANAGING COVID-19

**TŪ-WHARE
ORA**

0800 473 672

NGĀTI TŪWHARETOA IWI COVID-19 RESPONSE



PREPARED AND PRESENTED BY

TŪ-WHARE-ORA - NGĀTI TŪWHARETOA COVID-19 RESPONSE

TE TARI O TE ARIKI



Tēnā koutou katoa.

Under the guidance of Te Tari o te Ariki, Tū-Whare-Ora is Ngāti Tuwharetoa Covid-19 Response Hub to manage and minimise Covid-19 in our rohe.

In partnership with Lakes DHB we have both clinical expertise and hauora support for iwi by iwi.

This booklet aims to help you manage your journey with Covid-19 during this challenging time.

Piki te ora
Piki te kaha
Piki te māramatanga.

E Tuwharetoa e!
Ita kia ita!

Ngā manaakitanga a te Runga Rawa ki a tātou katoa!

In an emergency, CALL 111
Tū-Whare-Ora phone 08004REORA - 0800 473 672
Email: patai@tuwhareora.nz
Website: www.tuwhareora.nz

TŪ-WHARE-ORA

PROTECT PIKI TE ORA

YOUR WHAKAPAPA

- Have phone and zoom catch-ups with whānau and friends
- Reach out if you need help, you are not alone
- Be like our tupuna, resilient and strong
- Kāti te parore haere - stay home, don't roam!

YOUR HOUSE

- Set the tikanga for your whare so everyone knows how to manaaki each other if someone gets sick
- Make sure manuhiri know your tikanga, put signs up
- Make sure your alarms and safety devices are working
- Make sure you have the Tū-whare-ora Manaaki pack ready
- Set up your whare to minimise the spread of Covid e.g. map out isolation areas, list of household instructions e.g. who feeds the cat, consider using a tent as isolation with supplies

PREPARE PIKI TE KAHA

YOUR WHĀNAU

Have a whānau plan that includes:

- List on fridge of whānau details e.g. names, ages, medical conditions
- Name someone who can shop for you and pick up medicines
- Have karakia
- Consider who will look after the tamariki while their caregiver is in isolation
- Make sure the Tū-whare-ora Manaaki pack is stocked with essential supplies including kai and wai

YOUR WHARE

- Make sure isolation zones are away from shared spaces
- Consider another whānau whare for group isolation

YOUR PĀTAKA

Stock up your pātaka:

- Kai
- Medical
- Hygiene supplies
- Cleaning
- Baby requirements
- Pet requirements
- Māra kai

INFORM PIKI TE MĀRAMATANGA

YOURSELF

- Do your research, make sure your information sources are trustworthy
- Poipoia tō wairua

YOUR WHĀNAU

- Keep talking to your whānau especially your tamariki
- Discuss how to manage this situation as a whānau
- Reflect and share the learnings from your families past
- Poipoia ōu pakeke

OTHERS

- Update your emergency contact list and put it on the fridge

All information in this booklet is subject to change following guidelines from the Ministry of Health and the New Zealand Government.

POSITIVE TEST FOR COVID-19 AND ISOLATION

You are here because you have either tested positive for Covid-19 or you are a close contact of someone who is. If you are feeling nervous or unsure about what the next few weeks will look like, kei te pai. Everyone who starts isolation feels this way, it's normal. While you are isolating, there will be someone who will check up on you regularly to make sure that you and your whānau are doing ok. For emergency call 111, for Tū-Whare-Ora call 0800 473 672.

From this point on:

- You must stay at home or your accommodation, unless a health professional tells you otherwise.
- Have your phone with you and answer all calls.

You will need to isolate for **at least**:

- 14 days while you recover from COVID-19 and be symptom-free for 72 hours.
- You can isolate in your home or suitable alternative accommodation. This could be another property that you have access to, or are provided, that is more suitable for self-isolation than where you usually live. You can self-isolate there instead.
- Household members will need to remain in isolation for at least 10 days after the positive case has been released from isolation. This means household members will need to be in isolation for longer than the positive case.

KĀTI TE PARORE
HAERE

STAY HOME, DONT
ROAM!



Reference

Ministry of Health, What to expect when self isolation, Retrieved January 2022
<https://covid19.govt.nz/isolation-and-care/what-to-expect-when-self-isolating-at-home/>

TYPES OF ISOLATION



Everyone who tests positive for COVID-19, those who live with them, and their close contacts will need to isolate from the community to help stop the spread of the virus.

There are two ways to isolate:

- At home (or in other suitable accommodation)
- In a managed isolation facility.

You should self-isolate until you are told you no longer need to do so by a public health official.

If you become seriously unwell while isolating at home, you will receive hospital care if this is in line with your needs and wishes.

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PROTECTING YOUR WHĀNAU

Please follow the guidelines of your support team. Every time someone new in your household tests positive for Covid-19, your home isolation starts again. Your support team will inform you how long you need to stay in isolation for and it will depend on your vaccination status.

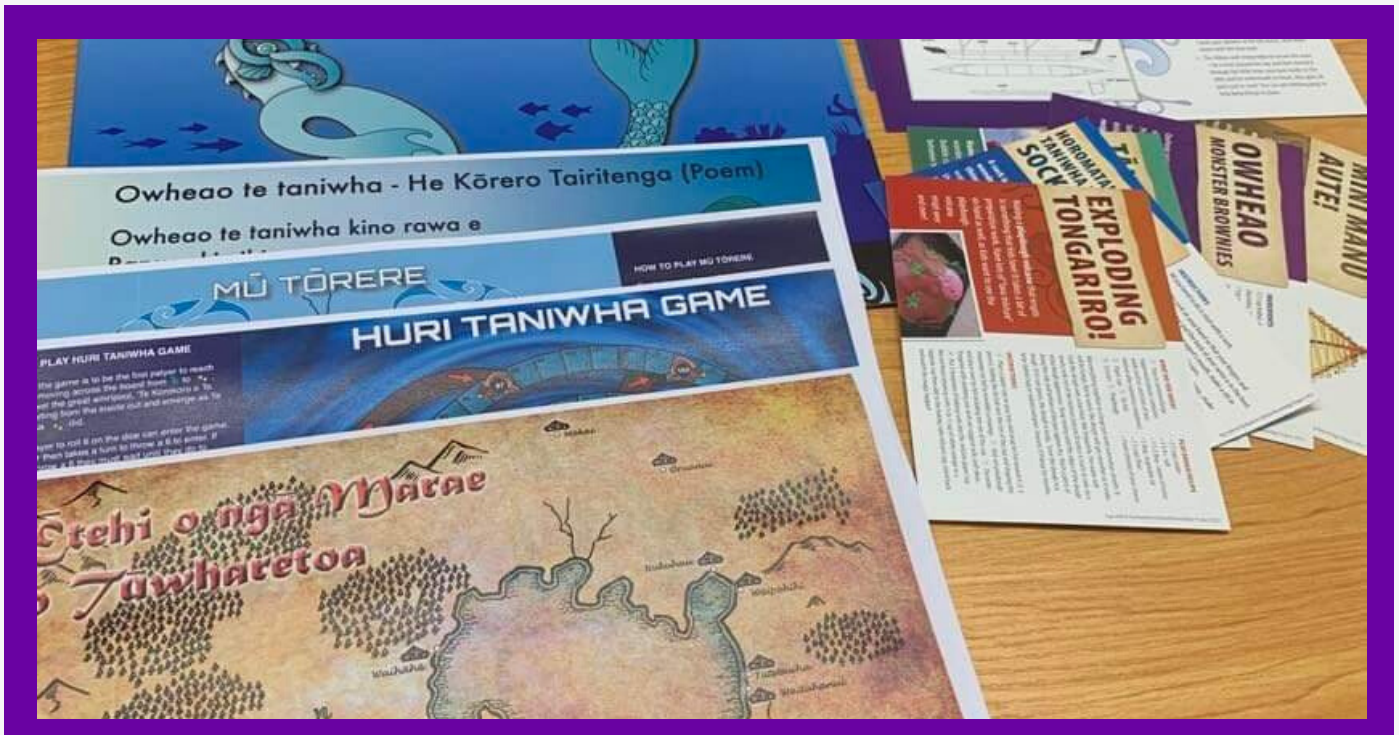
OUR TAMARIKI AND ELDERS

If you have tamariki in your care your support team will help you through this process. Like always you need to monitor everyone's health and follow the guidelines of your doctor.

- Rest
- Drink plenty of water
- Use medicine as directed (paracetamol)
- Be alert of an unusually tired child/elder

Reference

Ministry of Health, What to expect when self isolation, Retrieved January 2022
<https://covid19.govt.nz/isolation-and-care/what-to-expect-when-self-isolating-at-home/>



SCHOOL AND CHILDCARE

All children in your household isolating must stay at home. They can not go to school or daycare. Please call the school and let them know your children are unable to attend. Your school will arrange suitable learning activities while they are at home.

WORK AND GROCERY SHOPPING

When you are isolating you can not return to work unless you have had clearance from a health professional. If you work for yourself you may be able to get additional support from workandincome.govt.nz

You will get support and advice with arranging kai to be delivered to your house safely without contact. You can also ask friends or other whānau to shop for you and drop off in a safe place without close contact to them.



YOUR RESPONSIBILITY

To minimise your time in isolation:

- Kāti te parore haere - stay home, don't roam!
- Do not leave your house to go to work, school, shopping or visiting.
- Stay 2 metres apart from others in your household
- Wear a mask
- Try not to share a bed
- Reduce time in shared spaces like the kitchen and lounge
- Keep your whare well ventilated, allow fresh air to run through by opening windows and doors
- You can go outside but stay on your property and away from your neighbours
- Answer any phone calls
- Record your health journey in your diary
- Use the Pulse Oximeter 3 times a day
- Follow the directions of your health professional and support team



OUR SHARED RESPONSIBILITY

- Tū-Whare-Ora will support you and your whānau on your Covid-19 health journey
- Provide a Manaaki Pack
- Support your isolation plan
- Provide support with Kai delivery
- Arrange any medicines to be picked up for you
- Be the friendly contact for you if need to kōrero, phone 0800 473 672

In an emergency, CALL 111

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WHAT TO EXPECT IF YOU HAVE COVID-19

SYMPTOMS AND CHECK UPS

DAY 1 - 3

- Tickle in our throat
- Cough
- Fever
- Headache
- Short of breath
- Diarrhoea
- Tired
- Lose taste and smell

You may experience some or none of these symptoms. Even if you have a mild Covid-19 infection try and avoid running, workouts, weights, high impact activities until your health provider has cleared you.

First 24 hours:

- You will have regular health checks, this may be over the phone, in person or video call
- Your health and wellbeing needs are discussed and an isolation plan is worked out together with you
- You will be shown how to use a Pulse Oximeter 3 times a day

Remember:

- To answer all phone calls
- Get on top of your symptoms and call Tū-Whare-Ora if you need a friendly kōrero 0800 473 672



SYMPTOMS AND CHECK UPS

DAY 4 - 6

- Be aware of your symptoms, you may feel worse and have chills, coughs and find it hard to get comfortable
- This is the time when your lungs (respiratory) symptoms may get worse, especially if you have other health issues like diabetes, obesity or high blood pressure
- Some younger people may develop rashes, get itchy patches, swelling or blistering on their toes or fingers

On Day 5:

- Your whānau and close contacts will be tested

Remember:

- To fill out your health dairy
- Take your pulse 3 times a day
- Call us if you are unsure about anything 0800 473 672



DAY 7 - 8

- Some people may get worse at this point, then feel better, then worse again.

DAY 8 - 12

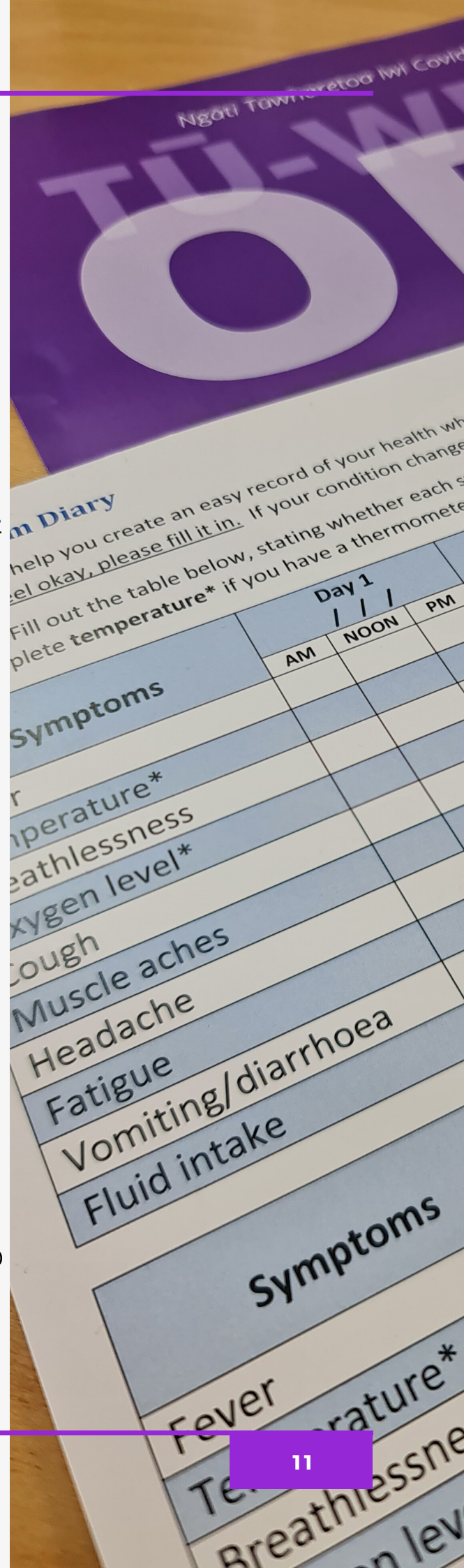
- You may find it hard to breathe (lay on your front/stomach or side)
- On day 10 if you have been vaccinated, you will have a final health check and your symptoms will be assessed within the next 72 hours
- Anyone you live with will need to stay home for the entire time you are isolating and possibly for another 10 days until the test negative
- If someone else in your household tests positive for COVID-19, then that affects how long whānau in the household have to stay isolating

DAY 13 - 14

- You should start feeling better but still be tired
- At Day 14, final health check for unvaccinated COVID-19 positive whānau. If symptom free for 72 hours, you are good to go!

Remember:

- To fill out your health dairy
- Take you pulse 3 times a day
- Call us if you are unsure about anything 0800 473 672



LEAVING HOME ISOLATION

- Your health team will make the final decision about when you can leave home quarantine. Call 0800 473 672 if you are unsure.
 - Tū-Whare-Ora will arrange a courier to pick up the Pulse Oximeter bag and will let you know when and how to have it ready.
1. Wash your hands for 30 seconds with soap and water, or with hand sanitiser
 2. Wipe oxygen monitor with wipes in your pack
 3. Place the oxygen monitor in the provided 'BIOHAZARD' bag
 4. Wash your hands again
 5. Place the BIOHAZARD bag containing the oxygen monitor in the courier bag provided
 6. Wash your hands again please whānau
 7. Put the courier bag outside for pick up, this will minimise contact



IMPORTANT CONTACT NUMBERS

- **In an emergency, CALL 111**
- Tū-Whare-Ora phone 08004REORA - 0800473672
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- Website: www.tuwhareora.nz

- Covid Healthline - 0800 358 5453
- Taupō Medical Centre - 07 3784 080
- Taupō Health Centre - 07 3787 060
- Pihanga Health - 0800 744 2642

