

Information for Whānau about COVID-19



**Te Rōpū
Whakakaupapa Urutā**
NATIONAL MĀORI PANDEMIC GROUP

COVID-19 is a new illness. It is caused by a coronavirus.

If you have COVID-19 you might have:

- Fever – feeling hot and then cold
- Cough
- Trouble breathing
- Feeling tired, sore muscles, sore throat

Most people have a mild sickness

Some people get very sick

Some people can die from Covid 19

You are more likely to get very sick if you are:

- Over 50 years old
- Or you have
 - High blood pressure
 - Heart problems
 - Asthma and other breathing problems
 - Diabetes
 - Cancer
 - Other health problems which mean you are more likely to get sick

If you are feeling sick and think it is COVID-19

- Ring Healthline (0800 358 5453)

- Or ring your GP.

- Don't go to your GP clinic or hospital. You could make people at the clinic or hospital staff sick.

Some things you can do to help keep you and your whānau safe from COVID 19:

- Stay away from crowds and people who might be sick
 - Stay at home as much as possible
 - If you go out, make sure there is 2 metres between you and other people
 - If you can, work from home
- Kaumatua over 70 year should stay at home
- Kaumatua over 60 years should stay at home if they don't need to work
- **Stay connected with whānau and friends**
 - Phone calls
 - Facebook, Instagram, and other social media
 - You can give your tamariki and other whānau a hug
 - Make sure everyone washes their hands before and after the hug
- Don't hongī, harīru, shake hands, kiss

For more COVID-19 Advice for Maori, visit www.uruta.maori.nz

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- Try an 'elbow bump', a 'chur bro'
- Wash and dry your hands a lot
 - Soap and water works well
 - Wash for 20 seconds - if you sing the 'happy birthday song' twice that is 20 seconds
 - Dry your hands well especially between your fingers
- Try not to touch your face.
Wash your hands if you do.
- Cough and sneeze into your elbow or a tissue. If you use a tissue put it in a bin with a lid straight away.
- **Be healthy**
 - Get good sleeps, drink lots of water, eat healthy kai,
 - Go outside in the fresh air but remember to stay 2 metres away from other people.
 - Make sure these people get their flu shots early
- All kaumatua
- Other whānau members with heart disease, diabetes, kidney problems, asthma, cancer
- Make sure immunisations for all tamariki are up to date
- **Stay happy and don't worry**
 - go for a walk – remember to keep 2 metres away from other people
 - have a laugh

- watch out for 'fake news'
- have fun things to do at home – books, games, colouring, movies, gardening

• If you have kaumatua, parents and tamariki living in your whare -

- if you can, have kaumatua sleeping in their own bedroom
- try to keep 2 metres apart
- don't stay closer than 2 metres for more than 15 minutes
- everyone should wash and dry their hands a lot. Soap and water is good.
- if you can, don't have kaumatua look after tamariki because tamariki can give COVID 19 to kaumatua

Thinking about tangihanga

- don't go to a tangihanga if you are sick or have any symptoms of COVID 19
- ask yourself if you have to stay. Can you go, pay your respects and leave?
- If you are whānau pani maybe -
Only have close whānau pani stay with the tūpāpaku?
Ask people who are sick to stay away?
Have the tangi at home rather than the marae?
Can people use Facetime, Zoom, Skype or other social media to join you?

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