



Who is in your whānau?



Address:		
Vho lives in your whare:		
lame & Date of Birth	Contact Number	NHI number

^{*}NHI = national health index, it helps health professionals identify you correctly - you can look on a prescription or health letter or call your GP clinic to get this.



Emergency contact list & important numbers

Non-household emergency contact, family, people who may be able to support you, your doctors, school, work.

Emergency: 111		
COVID-19 Healthline: 0800 358 5453		
Healthline (normal) : 0800 611 116		



Whānau essentials

What are the specific needs for our whānau and do we have it? Any high-risk whānau, medications, special kai, baby formula, games/toys, phone top
ups



How to keep COVID-19 out of your whare



1

Get the COVID vaccination

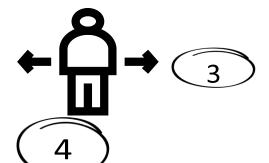
2

Wear a face mask





These are the things you can do to try and keep you and your whānau safe from COVID.



Physical distancing (2m)

Horoi ō ringaringa (Wash your hands)

Our plan to keep Our whare COVID free



2		
3		
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9		



What is the plan if a whānau member becomes infected with COVID-19?

Create a self-isolation space in your whare for that whānau member to stay in.

Discuss how important it is that the person who is sick is in selfisolation

Let our tamariki know how important it is to stay away from the person who is sick.

RONGOMAIWA NITRUSTANA MAHIA

If COVID comes to your whare, what do you need to plan for?

What happens to your:
Kids
Moko's
Kuia & Kaumatua?

Who relies on your support/help that you need to think about?

Who can look after your pets or animals if you can't?

What about your marae or church responsibilities?

What about your work/mahi? What about regular medical treatment?

Our plan for:



Our	tamari	/i/	chil	dran
Oui	laillaii	KI/ (uieii.

Our Kuia & Kaumatua:

Our pets:

Other responsibilities:









What else needs to be considered?



Do tamariki need to do any schoolwork or catch up on homework?
Are they missing their friends? (Show them how to video call)
If we usually go to church, how will we continue to practise our faith?