



16 December 2021

Tēnā koutou ngā whānau o Maungaharuru-Tangitū, ngā mihi o te wā,

Season's greetings to you all.

2021 has seen us having to adapt once again, with COVID-19 bringing challenges to the way we live our lives. And this is likely to continue, as borders open across Aotearoa and a new variant, Omicron, spreads throughout the world.

As we know, vaccinations remain the number one defence against COVID-19 and we are seeing fantastic uptake of this. For those who are 12 years and older and still need to get vaccinated, you can find information on the closest vaccination clinic to you at bookmyvaccine.nz.

Booster shots are now also available, six months after you have received your second dose. New research shows the booster shots will provide greater protection against Omicron.

However, experts warn COVID-19 will continue to spread in our communities and therefore self-isolation is likely for many whānau.

Should you and your whānau find that you have to remain at home, we want you to be as prepared as possible. Creating a whānau plan is the best way to be ready and allows you to consider who your vulnerable whānau members are and who relies on you.

Attached is information on what to include in your whānau plan and a suggested template for you to fill in alongside your whānau – it will only take a few minutes to fill in. We suggest keeping it someplace handy where everyone in your whānau can access it, like on your fridge.

If you have any questions or concerns, you can find reliable information at covid19.govt.nz or by contacting your local DHB or māori health provider.

Wishing you and your whānau a safe and happy holiday season.

Ngā mihi nui anō ki a koutou,

Nā Tania Hopmans (Chair), Robbie Paul (Deputy Chair), Mara Andrews, Charmaine Butler, Kelly May, George Puna and Coralee Thompson

Maungaharuru-Tangitū Trustees

Whānau Plan 2022

Preparing for Covid-19 @home



Important Contacts

If in isolation:

Hastings

Napier

TTOH

TTWAO

0800 TAIWHENUA

0800 AHURIRI

General Enquiries:

Covid-19 Govt. Helpline

0800 779 997

Covid-19 Healthline

0800 358 5453

MTT

(06) 835 3300

0800 TANGOIO

Our Doctor

My School

My Emergency Contact

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Who lives here?

Make sure that this information is in one place for each person that lives in your whare

- Name
- Address
- Phone number
- Birthdate
- Gender
- Medical Conditions
- Medicines
- Allergies



What are essential items @home?

- Medical needs
- Mental wellbeing needs?
- Baby needs
- Toiletries



Vaccination

Get vaccinated. It helps to protect yourself and those around you who are unable to get vaccinated.



Keeping Safe

Keep your whare safe and your community safe when going out and about

- Wear a mask
- Wash hands
- Use Covid-19 tracer App
- My Vaccibe Pass
- Keep your distance
- If you are sick, get tested In the whare
- Clean your home regularly
- Good ventilation
- No visitors if someone is sick



Isolation Plan

Prepare your whānau and your whare now, be prepared for Covid-19

- Prepare an isolation area - (wāhi rāhui)
- Let tamariki know not to enter wāhi rāhui
- Assign one driver for your household to limit contact with others in your community.
- Understand what steps to take if someone gets ill in your whare
- Keep surfaces and high used areas cleaned (door handles)
- If you are sick, stay home (reduce spread)
- Who else can care for your tamariki/pakeke if you get ill?



Kura / School

Prepare your whānau in case schools close down

- Do you have internet?
- Can your tamariki keep in touch through zoom?
- Can you home school?



Kaumātua Welfare

Let us know how we can help

- Medical needs
- Mental wellbeing needs
- Dietary needs
- Transport
- Booster shots



Your plan

Things to think about

- What is your plan if someone in your whare gets sick?
- Who needs to be contacted?
- Who will care for your tamariki?
- How are you protecting whānau with high health needs?
- How will you keep connected with others?
- What other things might you need in your home?
- Does anyone have special needs?



MAUNGAHARURU
TANGITŪ

Whānau Plan 2022

Preparing for Covid-19 @home

Isolation Plan

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WHĀNAU PREPAREDNESS PLAN

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

**What happens to your:
Kid's
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?**

The important stuff...

Address: _____

Phone number: _____

Alternative phone number: _____

Who lives in your whare:

Name	Date of birth	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.

Whānau essentials

What's special about my whānau?

What will we need and do we have it?

Medications, special kai, games/toys, power cards, phone top ups

















Our plan to keep our whare Covid-19 free

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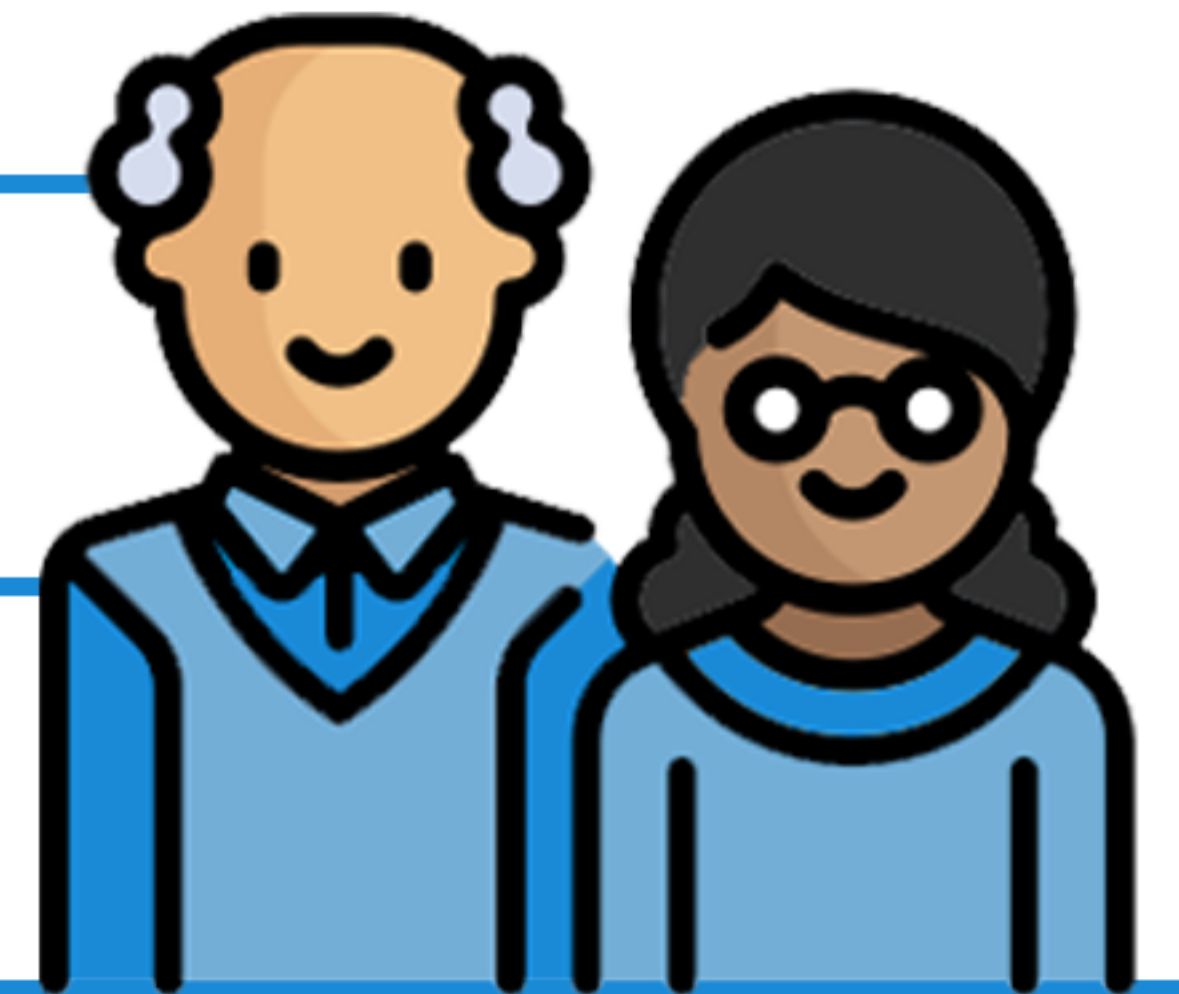
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Our plan for:



Our tamariki/children:

Our Kuia & Kaumatua:



Our vulnerable whānau at home:

Our plan for:

Our jobs:

Our pets:

Our community responsibilities:

Financial situation...

what are you worried about most if you get sick?
when are these bills due to be paid?

Company Name

Amount

Date due

Our emergency list & important numbers

Family, close friends, others who may be able to support you, your doctors, school, work, any appointments both at or away from your home...

