

WHO IS IN YOUR WHĀNAU? WHO ELSE ARE WE RESPONSIBLE FOR?

Full Name	D.O.B	Gender	Male	Female
Address	Phone No.			
Email	Medical Conditions			
Allergies	Medicines			

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NON-HOUSEHOLD EMERGENCY CONTACT LIST

Name

Phone No.

Name

Phone No.

IMPORTANT EMERGENCY CONTACTS

- Healthline (Covid-19) - 0800 358 543
- Government (Covid-19) Helpline - 0800 779 997/0800 22 66 57
- Healthline (normal) 0800 611 116
- Police Emergency - 111

ITEMS THAT ARE ESSENTIAL TO THE WELLBEING OF WHĀNAU

Do we have plenty of baby needs? e.g. nappies, formula & etc

Other than Kai & Wai, what else is essential that our whānau doesn't have?

Do we have adequate non-perishable kai items?

IF I GET SICK, WHO WILL NEED TO BE CONTACTED? WHO WILL LOOK AFTER THE TAMARIKI?

If I get sick & need to self-isolate, will someone here look after the tamariki or should we make other arrangements?

What is our 'Tamariki Plan', e.g. Who will look after them?

Having someone to care for your tamariki at home is the safe option. If the tamariki need to go somewhere else, will their clothes & belongings need to be washed before leaving our whare?

WHAT ELSE NEEDS TO BE CONSIDERED?

Do the tamariki need to do any schoolwork or catch up on homework?	YES	NO
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Do they have resources to do this?

Are the tamariki missing their friends? (show them how to Facetime or Messenger call)

Do we have fire alarms in the whare? Are they working? If not, what do we need to do? Who do we contact?

DOES ANYONE IN THE WHĀNAU UNDERSTAND HOW TO PREVENT COVID-19?

Why we may have to stay home & only go out to access essential services?

If we go out to the supermarket/pharmacy how do we keep safe?

What do we do to keep safe when walking in our neighbourhood?

Should we & can we drive anywhere in a level 4 lockdown?

WHAT ARE THE SPECIFIC NEEDS UNIQUE TO YOUR WHĀNAU?

Who are our vulnerable whānau we might need to care for during the lockdown?

Do we have access to medication?

Are there any specific health or mental health needs we haven't thought about?

If we usually go to church, how will we continue to practice our faith?

WHAT IS THE PLAN IF A WHĀNAU MEMBER BECOMES INFECTED WITH COVID-19?

Here are a couple of websites with accurate & useful information about Covid-19:

- <https://www.uruta.maori.nz> (information from the National Māori Pandemic Group)
- <https://covid19.govt.nz> (information including tikanga Māori & looking after your health & well-being)

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 self-isolation.
- Let younger tamariki know their very important job is to stay away from māuiui person & the isolation space.