

# KIA MANAWANUI TE WAIPOUNAMU

## Get Prepared | Kia Rite



MANAAKI MAI,  
MANAAKI ATU

#Protect Our  
Whakapapa



**DON'T WAIT UNTIL YOU GET SICK.** You don't know how hard COVID's going to affect you until you get it. Look after your whānau and your loved ones by getting prepared.

**Set up a space in/around your whare where whānau members can isolate if they get sick** - maybe a bedroom, a makeshift shelter on the deck, the garage or pitch a tent.

**Using the whānau plan template** - write down the details of your whānau members and a list of emergency contacts.

**Keep your gears separate** - put your kākahu, toiletries, towels and blankets etc. in a separate rubbish bag and tuck them under your bed hidden away in your wardrobe.



### Get Prepared Kia Rite

**Home isolation hygiene and care kit** - try to gather your own supplies including:

- ✓ tissues
- ✓ soap
- ✓ sanitiser
- ✓ masks
- ✓ cleaning products
- ✓ gloves
- ✓ rubbish bags
- ✓ paracetamol
- ✓ nasal spray
- ✓ throat lozenges
- ✓ vapour rubs
- ✓ liquids
- ✓ medications.

**Don't be afraid to let your manuhiri know** the tikanga when they arrive at your whare. **Manuhiri**, out of respect for your host text or call before you turn up.

**Don't be whakamā to reach out for help** - contact one of the **Whānau Ora Community Connectors** in **Te Waipounamu** if you need support.

**Nominate a support person/people outside of your whare that can help if you get sick** - pick up kai, check on the tamariki, pick up medications etc.



#### Make a Plan

Decide what happens if someone in your whare gets māiui/sick

#### Set the Tikanga

Decide what the tikanga is for your whare so everyone is clear

#### Prepare Your Whānau

Make sure all the whānau are on board & understand the plan

#### Prepare Your Whare

Think about how to set up your whare to minimise the spread

#### Prepare Your Pātaka

Make sure your pātaka has plenty of kai in case you need to isolate