

#Protect TE MOANANUI A KIWA



Make a Plan

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

Option 1: Set up a room in your whare where whānau members can isolate themselves away from others

Option 2: If it's not possible to set up a room, create separate zones so they're away from shared spaces such as the living room & kitchen

Option 3: Coordinate with your whānau/hapori another whare where whānau can go & isolate

Set the Tikanga

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

Hold a whānau hui so everyone knows how to manaaki each other if someone gets sick

Communicate your expectations with your manuhiri e.g. text or message before they arrive, beep from the gate, wait in the waka

Put up signs on your fence & front door, set up a table outside the front door with sanitiser & a QR code / register

Prepare Your Whānau

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

Put a list up on your fridge of whānau details (names, ages, NHI numbers, medical conditions, addictions) & emergency contacts (GP clinic, after hours, support agencies) - just in case

Talk with your tamariki about what the plan is if you get sick or go to hospital & how to reach out for help if needed

Nominate someone outside of your whare who can help if your whānau is isolating, like delivering kai or supplies

Whānau Plan

Preparing your whānau & your whare

Prepare Your Whare

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

Draw up a map of your whare to help define your zones, e.g. shared spaces, isolation areas, sanitising stations

Make a list of household instructions that are easy to follow if you get sick e.g. feeding pets, paying bills

If you don't have enough room inside your whare, consider using a tent to make a comfortable space with all the necessary supplies

Prepare Your Pātaka

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

- Kai high in vitamins i.e. fruit & veges
- Fluids i.e. water, broth, kawakawa tea
- Baby supplies
- Hygiene products
- Medical supplies
- Cleaning supplies

Organise kai ahead of time that's easy to heat when needed e.g. soups, stew

Make up individual laundry & toilet bags for each person & store separately with your personal belongings

Protect Your Whakapapa

Keep to the kaupapa & encourage each other to stick to the plan

Stay connected - arrange regular catch-ups with your whānau, friends & community

Don't be whakamā to reach out if you need help. You are not alone.

Like our tūpuna of Te Moananui a Kiwa - stay strong, stay resolute

#ProtectOurKaumātua
#ProtectOurMātua
#ProtectOurTamariki
#ProtectOurWhakapapa



#Protect TE MOANANUI A KIWA

Te Reo Māori



Whakaritea he rautaki

Ki te māuiui tētehi o te whare me whakatau he aha te ara whakamua

Whiringa 1: Whakaritea he rūma motuhake mō te hunga māuiui hei whakahaumarū i ērā atu e noho ana i te whare

Whiringa 2: Ki te kore e wātea tētehi rūma motuhake, whakaritea he wāhi motuhake kē. Me kaua e pātata ki ngā wāhi hui pēnei i te nohomanga, i te kāuta, i te wāhi kai rānei.

Whiringa 3: Me wānanga tahi ki tō whānau/hapori mō te noho ki tētehi whare kē atu hei whakahaumarū i te whānau

Whakatauhia te tikanga

Whakatauhia te tikanga hei whaitanga mā tō whare. Me tino mārāma ki te katoa!

Karangahia he hui whānau kia mōhio ai te katoa te ara whakamua hei manaaki i te hunga ka pāngia e te māuiui

Whakapā atu ki ngā manuhiri hei whakatau i ngā tikanga haumarū a tō whare e.g. tuku karere i mua i te tae mai, whakatangihia te hāona, tatari ki rō waka

Whakairia he pānui 'tikanga' ki te taiapa me te kūaha matua o te whare. Whakatūria he tēpu mō te hopi ārai ngārara ki te kūaha matua, he tohu QR / rēhita anō hoki

Whakaritea tō whānau

Me mahi tahi te whānau, me marama hoki te katoa ki te rautaki haumarū

Whakairia ki te pouaka makariri ngā kōrero whānui mō tō whānau (ingoa, pakeketanga, nama NHI, pānga māuiui, waranga) me ngā whakapānga ohore (tākuta, nēhi, hunga tautoko) - mō te tūpono ka puta mai he rarū.

Kōrero ki ngā tamariki mō te rautaki haumarū i te māuiui ki te haere tētehi ki te hohipera. Me mōhio hoki ngā tamariki ki te tono āwhina mehemea he take.

Tohua he tangata o waho atu i tō whare ki te hoko kai, te aha atu rānei mō te katoa o te wā e noho rāhui ana tō whare

Rautaki Whānau

Kia rite mai tō whānau me tō whare

Whakaritea tō whare

Whakaarotia te huarahi tika hei whakahaumarū i tō whānau kia kaua e rere whānui te mate urutā

Tāngia he mahere o tō whare kia pai ai te kite i ngā wāhi katoa e.g. wāhi noho tahi, wāhi noho motuhake, wāhi horoi

Mō te tūpono ka māuiui koe, whakaritea he rārangi tohutohu ngāwari nei te whai e.g. whāngai kararehe, utu i ngā nama

Ki te kore he rūma wātea i tō whare me whai whakaaro ki te whakatū tēneti (e kī ana ki ngā taputapu me ngā kai) hei whare motuhake mō te hunga māuiui

Whakaritea tō pātaka

Me mātua whakarite kia nui noa atu ngā kai ki te pātaka mō te tūpono me motuhake te noho

- Ngā kai kī tonu i te hauora i.e. hua rākau/whenua
- He hua wai i.e. te wai, te hupa, te tī kawakawa
- Ngā rauemi / kai mā te pēpi
- Ngā taputapu horoi tinana
- Ngā rongoā katoa
- Ngā taputapu whakamā whare

Tunua ngā kai i mua tonu, ka whakamahana ai i te wā e hiahiatia ana e.g. he hupa, he kai kōhua

Whakaritea he pēke horoi kākahu, he pēke horoi tinana mā ia tangata. Me noho motuhake o rawa ki a koe.

Tiakina tō whakapapa

Kia ū ki te kaupapa me te kaha akiaki i te katoa kia mau, kia ita ki te rautaki haumarū

Hono atu / Hono mai - Kia kaha ki te whakawhanaunga atu ki tō whānau, o hoa, me tō hapori

Kaua rawa e whakamā ki te tono āwhina. He waka eke noa!

E hoa mā, me pērā i o tātou tūpuna o Te Moananui a Kiwa - Kia kaha, kia ū!

#ProtectOurKaumātua

#ProtectOurMātua

#ProtectOurTamariki

#ProtectOurWhakapapa

#Protect Our
Whakapapa

