



TE KOROWAI
HAUORA O HAURAKI

Rourou



Kit

ROUROU KIT



A '*Rourou Kit*' filled with tips and tricks to help prepare whānau in times of self isolation.

Three green leaves are shown, overlapping each other. The leaves have prominent veins and are a vibrant green color.

Identifying those in our whare and those that are our most vulnerable
ie Kaumātua, tamariki, neighbours who live alone ect...



Emergency Contacts:

Contact details:

Non-household contact:

Doctors

Dentist

Local pharmacy

Daycare/school

Work

Local support agencies Te Whāriki Mana Wahine o Hauraki Hauraki Māori Trust Board

Useful numbers:

Health line:	0800 358 5453	Suicide Prevention:	0800 358 5453
Government helpline:	0800 779 997	Alcohol Drug Helpline:	0508 828 865
Police emergency:	111	Hinengaro Hotline:	0508 111 555
WINZ:	0800 559 009	Te Korowai Hauora o Hauraki Clinic:	0508 835 676

What are our hauora needs?

What are alternative ways we can maintain our wellbeing while isolating?

Taha Wairua

Taha Hinengaro

Taha Tinana

Taha Whānau



What is my jobs leave policy?

What am I entitled to?

I am...	Leave	Pay
Working from home	N/A	You should be paid as normal
Too sick to work, or caring for someone who is sick	You can use your existing sick leave entitlements. You may choose to take alternative leave.	Leave paid in accordance with the holidays act
Cannot come into work, cannot work from home, but am well enough to work	Leave paid in accordance with what you both agree to, including compliance to the holidays act and minimum wage.	You and your employer should discuss what type of leave you want to take.

Will I need to contact someone for any financial support?

If you have lost your job, have too low an income or cannot work, you may be eligible for a benefit or support from WINZ to cover the costs of food, power, gas, heating, water or medical care.

To apply for support, you should have original or certified versions of the following documents:

2 forms of ID, at least one being Government issued

Govt ID can include your passport, drivers licence, birth certificate, citizenship certificate, etc. Other types of ID can include bank documents, payslips, IRD letters, insurance documents, power account, etc. (These other types must be no longer than 6 months old)

Details of your usual bills

Bank statement

Evidence of any before-tax income

Birth certificates of tamariki

You may need to provide other evidence. Give WINZ a ring on 0800 559 009 and they will talk to you about what they need and how to send it.

Who will I need to contact if I need to isolate? (E.g. Work, landlord, school)

Name:

Contact details:

What are our specific needs?

Is there anyone in my whānau who needs medications? Any health or mental health needs we haven't thought about?

What do our tamariki need?

If I get sick and need to isolate, who will look after my tamariki? Will my tamariki need to stay with other whānau while i recover?

How can my tamariki keep in contact with their friends?

Do you have things to keep your children occupied?

How will I help my tamariki understand what's happening if we have to go into isolation. Do they understand to keep away from the māuiui person or isolation space?



Do we have enough supplies?

What items are essential for our whānau?

Grocery items (E.g. Do we have enough if we can't get groceries right away? E.g. non-perishable food, toothpaste, toilet paper, nappies, baby formula, pet food)

Other items (E.g. Do we have enough board games/supplies to entertain our tamariki? How many devices do we have? Masks, prescription medicines, thermometer?)

How will we get our essential items if we must isolate? Can we ask a friend or other whānau to shop for us? Can we use a delivery service?

Do we have transport?

We cannot use public transport when we are isolating. What vehicles can we use if we need to go to the Doctors, or go to get a test?

Self-Isolation at home Plan

How can we prepare our whare if someone in our home needs to self-isolate?

If someone in our whare gets COVID-19, our dedicated isolation space is:

Anyone with COVID-19 will use this bathroom (E.g. the downstairs bathroom):

(If we only have one bathroom, we will do the following:

Do they have their own personal items (e.g. soaps/sprays/towels/cutlery)? How will they be washed separately to the rest of the whānau's?

Make sure to disenfect surfaces after they've been touched!

Going to Managed Isolation

If someone in our household must go to MIQ, will we send a support person with them? Will our tamariki need to go as well, or can other whānau care for them?

If you return a positive COVID19 test, a GP or CBAC staff member who took your original test will call to notify you. A representative from either your DHB or PHU will call to discuss the following:

- People you have had contact with recently.
- Whether you should isolate in MIQ or at home.
 - They will undertake a risk assessment to **allocate** you, according to your individual situation and your needs. This risk assessment will be according to factors such as your age, existing medical conditions, severity of symptoms and suitability of your home for isolation.

At home

If your risk assessment and conversation with the DHB/PHU representative **does meet** the conditions described in figure 2, you will be able to isolate at home.

You need to be able to self-isolate safely at home, and may only leave the home for the following reasons:

- Reporting and submitting for testing if required by a medical officer
- Accessing an essential health service that cannot be deferred until cleared
- To preserve your, or any other person's life or safety if necessary.

At MIQ

If your risk assessment and conversation with the DHB/PHU representative **does not meet** the conditions (described to the left), you will be moved into MIQ or another location (including hospitals). This location will be determined by a medical officer of Health, according to your individual situation and your needs

A staff member from your PHU will help you in making arrangements, including transport to the facility.

SELF ISOLATION CHECKLIST

What things are essential to the wellbeing of your whānau? Do you have them stored somewhere you can access if your whānau suddenly has to self isolate?

Medical Care

- Prescription medicine
- Vitamins/ electrolytes
- Kawakawa or other balm
- Thermometer
- Pulse oximeter
- Panadol / Pamol
- Tissues
- Hot and Cold pack

Pēpi needs

- Formula / Pumped Milk
- Ready made baby kai
- Nappies and wipes
- Inhaler / Nasal blowed

Hygiene

- Face Coverings
- Gloves
- Hand Sanitiser
- Cleaning products
- Personal Toiletries pack

Kai / Sustenance

- At least 2weeks of kai (Delivered or
- somebody that can shop for you
- Easy heat meals
- Snacks
- Iceblocks (for tamariki with temp)

Whānau Entertainment

- Netflix
- Puzzles / Board games
- Books
- Notebook/pen
- Cards
- Podcasts
- Soothing music!
- Video calls





TE KOROWAI
HAUORA O HAURAKI

*"Nā tō rourou, nā tōkū
rourou ka ora te iwi"*

*Ngā mihi nui ki ēnei kaupapa, rāton i hora i ngā rauemi mōhiotio
hei painga mō te iwi.*

