

COVID-19 and winter wellness whānau planning booklet



***Tūhonotia.
Whakahaumarutia.***

Get connected. Get protected.

Amohia ake te ora o te iwi, ka puta ki te wheiao.
To protect the wellbeing of our people is paramount.

Kiingi Tuuheitia Pootatau Te Wherowhero te tuawhitu

Kia ora e te whānau, this booklet has been developed to support whānau in the Waikato while COVID-19 is in our communities and to help keep you well during winter.

If you have any questions or concerns, please call Healthline on 0800 358 5453

If you or someone in your whānau have tested positive for COVID-19 and need support, call our Waikato COVID-19 and Immunisation hub on 0800 220 250.

Our team will guide you through the next steps.

We can listen to your needs and then connect you to the support services within your community that can help you and your whānau.

You can also email CSIQservice@waikatodhb.health.nz

If you or the person you are caring for develops difficulty breathing, severe chest pain, fainting or becomes unconscious, **call 111 immediately.**

He mihi

Tū te rangi ānewa, Tū te rangi āwhio,

Tū te manaakitanga o te wāhi ngaro
ki a tātou katoa, Pai Mārire

Pai Mārire ki to tātou Kiingi, a Tuuheitia
Pootatau Te Wherowhero te tuawhitu,

Pai Mārire ki a tātou katoa. E aku nui, e aku rahi,
e aku whakatiketike,

Tēnā tātou e te whānau

Getting immunised is our best protection from flu, and serious diseases like measles and whooping cough, as well as COVID-19. It is important we get protected now and ensure we keep ourselves and our whānau as healthy as possible. Knowing what to do if a member of our whānau becomes unwell and having a plan ready is important.

We have put this resource together to help ignite your thinking, to support you to kōrero and make sure your household is ready.

As we are focused on protecting whānau we acknowledge Kiingi Tuuheitia Pootatau Te Wherowhero te tuawhitu who has an unwavering commitment to the wellbeing of whānau, hapū and iwi. His tongikura, **“Amohia ake te ora o te iwi, ka puta ki te wheiao”** reminds us all that protecting the wellbeing of our people is paramount.



How to use this booklet

This booklet is about having a kōrero with our whānau to help guide how we can **prepare, plan, protect** and **stay connected** to keep our whakapapa safe.

It includes the following

- Steps of vaccination to help strengthen your immunity
- Some simple tools to stay safe
- Symptoms of COVID-19
- A helpful checklist with some questions we hope you can discuss together as whānau to help you get ready
- How to get a COVID-19 test
- What to do if someone tests positive for COVID-19 and the process for noho taratahi (self isolation)
- Essential checklist of supplies to ensure you have key things on hand in case someone gets unwell
- Templates you and the whānau can use to help write your plan
- List of contacts and resources for if you need extra help or support
- A check list of all your immunisations
- Top tips to help you stay well this winter

Thank you for taking the time to read this resource. We hope it is helpful for you and your whānau.

Whārangi ihirangi

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Mō tō whānau katoa

It's all about whānau

Protecting and supporting our whānau is an important part of our mahi. In particular, working alongside our local iwi, Māori health and whānau ora providers to

Manaaki tangata
uplift people

Manaaki wairua
uplift our spirit

Manaaki whānau
support families



Rongoā āraimate

Vaccination

Now is the time to get vaccinated.

Vaccination and boosters are still our best defence against COVID-19.

Getting vaccinated means you are far less likely to get really sick and have to go to hospital if you catch COVID-19. Protect yourself and help reduce the risk of passing on COVID-19 to your whānau, friends and community.

The COVID-19 vaccine works by teaching your body to fight the virus so it will have the right tools if you come into contact with COVID-19.

Pfizer is the preferred COVID-19 vaccine for use in Aotearoa New Zealand. If you are 18+, there are other vaccine options

(AstraZeneca or Novavax) if you cannot have the Pfizer vaccine or want a different choice.

Parents and caregivers can also protect their children aged 5 to 11 against COVID-19, by being immunised with a child (paediatric) version of the Pfizer vaccine, this has a lower dose and smaller volume.

Second boosters are now available for everyone aged 50+ and for priority groups including health workers aged 30+, and people aged 16+ with a disability or health condition that increases the risk of severe illness with COVID-19.

What happens when you get your vaccination?



- 1** A healthcare worker will ask you how you're feeling, check you're healthy, answer any questions and get your consent.
- 2** The vaccine will be injected into your upper arm.
- 3** You'll need to stay for **15 minutes**, so a healthcare worker can look out for you and make sure you are okay.
- 4** After **3 weeks**, get your second dose. Children aged 5 to 11 will wait 8 weeks for their second dose.
- 5** If you're **18 years and over** and it has been **3 months** after your second dose, get your booster. If you're **16 and 17** you can get a booster dose of the Pfizer vaccine at least **6 months** after completing your primary course.

Amohia ake te ora o te iwi, ka puta ki te wheiao – To protect the wellbeing of our people is paramount.

What are the side effects?

Like all medicines, the vaccine may cause some side effects in some people. A vaccinator will talk to you about common and uncommon side effects. These are usually mild and are a good sign that your immune system is learning to fight the virus. Some common side effects are:

- sore arm
- feeling feverish or sweaty
- headaches
- body aches/joint pain
- feeling tired
- nausea
- feeling feverish or sweaty

Remember to drink plenty of water and be kind to your body. If you are worried about how you feel after receiving your vaccine, or you begin to feel unwell, please **call Healthline 0800 358 5453**.

If you feel very unwell after the vaccine you can also log your reaction here: **report.vaccine.covid19.govt.nz**

Where to get vaccinated

Find a mobile clinic near you: **waikatodhb.health.nz/covid19mobile**

- To find a walk-in today or book your vaccine you can call **0800 28 29 26** or jump online at: **BookMyVaccine.nz**

Getting COVID-19 vaccines after testing positive

Once you have recovered and if you have not been vaccinated or had your booster, it is recommended you still get vaccinated.

You should wait 3 months after you test positive before getting any COVID-19 vaccination.

For first and second doses

For booster doses

For child vaccine doses

wait 3 months
after you test positive for COVID-19

Please speak to your GP or healthcare provider for advice specific to your medical circumstances.

Kia haumaru tō wāhi

Make your space safe

To help keep safe, we all need to be well informed, well vaccinated and keep up healthy habits.

These tools are most effective when used together, rather than alone



Make sure your vaccinations are up to date, including boosters.



Wear a mask.



Cough or sneeze into your elbow and wash your hands after.



It is still good to keep a safe distance from people you do not know while out and about



Regularly wash and dry your hands.



Stay home if you feel unwell or have symptoms.



Regularly clean and disinfect surfaces that get touched frequently.



If you have cold, flu or COVID-19 symptoms you should get a test.



Open windows to ventilate your space.



If you test positive, you will need to isolate while you recover.



Keep track of where you have been

We encourage you to keep Bluetooth tracing turned on and not to remove the NZ COVID Tracer app just yet, it's still used to notify people who have been in close contact with someone who has COVID-19. It will allow you to keep track of people you've been with and any high risk locations you've visited in case you test positive for COVID-19.

Me pēwhea te āhua o te KOWHEORI-19?

What does COVID-19 look like?

More common symptoms

New or worsening cough	Temporary loss of smell or altered sense of taste
Sneezing	Sore throat
Runny nose	Shortness of breath
Fever	

Less common symptoms

Diarrhoea	General feeling of discomfort, illness or unease
Headache	Chest pain
Muscle aches and/or joint pain	Abdominal pain
Nausea and/or vomiting	Confusion/irritability



If you have COVID-19 symptoms, **get a test.**

Omicron – What's the difference?

Omicron is a variant of COVID-19. It spreads faster and more easily than earlier variants.

Most people will be able to manage symptoms at home while isolating with rest, fluids and paracetamol. Use simple remedies like lemon and honey drinks.

As the number of Omicron cases change, we will adjust our response to slow the spread of the virus and keep our communities protected. To find out more visit covid19.govt.nz/our-response-to-omicron



Mahere whakarite

Get ready checklist

Now is the time to get vaccinated.

Taking some small steps now can make a big difference if someone in your whānau, whare or marae test positive for COVID-19. Prepare, plan, protect and connect to keep your whānau safe.

Let's get prepared and make a plan with our whānau.



Kōrero – Discuss

- What do we need for our hauora to flourish ā hinengaro, ā tinana, ā whānau, ā wairua? (Mentally, physically, within our whānau, spiritually).
- What does noho taratahi (isolation) mean for us to reduce the risk of further infection spreading?
- What will we do if we feel bored or lonely?
- How will we cope if we have to isolate?
- What does it mean if someone in our whare tests positive for COVID-19?
- Why is it important to keep a safe distance if this happens?
- Who will look after our animals?
- Who will lead our whānau to act as the first point of contact for awhi and support services?
- How long do we have to isolate and what do we do when we come out of isolation?



Tuhia – Write down

- Names and contact numbers of the most vulnerable people in your whānau and who will be responsible to regularly check in with them.
- How you will contact whānau, friends and neighbours if someone is affected by COVID-19.
- Who in the community can help? If we awhi each other we build a healthy community.
- Essential household tasks that keep your whare running. Things like paying bills, doing the shopping and who can look after the tamariki or pakeke.



Mahia – Do

- Get vaccinated.
- Prepare an isolation space in your whare. This means using a separate bedroom and bathroom. If the whare has one bathroom have a process for using the bathroom (wiping surfaces etc.).
- Shop for kai and hygiene products. Other than kai and wai, what else is essential for your whānau?
- Restock your prescription medicines if you need to.
- After completing a rapid antigen test (RAT), report the test result online at My Covid Record (mycovidrecord.health.nz).
You can use My Covid Record to report RAT results for children under 12 and on behalf of others. If you're having trouble using My Covid Record, call 0800 222 478 and choose option 3.
Please ensure you report your result as soon as you can so support can be put in place.



How to get a COVID-19 test

1 When you should get a test

If you're unwell

If you have cold, flu or COVID-19 symptoms you should get a test. If you are unsure, talk to your local healthcare provider or call Healthline on 0800 358 5453.

If you're a contact of someone with COVID-19

If you live with a person who has COVID-19, you need to get a test on their Day 3 and Day 7 of self-isolation.

If you are a Close Contact, you do not need to get a test unless you develop symptoms.

2 Where to get a test

Rapid antigen tests (RATs) are the main testing method in the community.

Visit a community testing centre

You can pick up a test kit from community testing and collection centres. Some sites offer supervised RAT tests.

To find a RAT collection site visit www.waikatodhb.health.nz/cbacc or check out the pinned post on our [Waikato DHB facebook page](#)

Order RAT home testing kits

RATs can be ordered online at requestrats.covid19.health.nz or call 0800 222 478 option 3 (8am-8pm, 7 days a week).

To request online, you will need to have access to a mobile phone to validate your order. RATs can be requested on behalf of someone else.

You will be issued an order number. You can then collect your RAT order from a collection site, or have someone collect it for you.

A COVID-19 test is free if it is part of the public health response.

3 How to use a RAT

Follow the instructions in the kit packet. Test instructions vary depending on the brand.

Results will be visible 15-20 minutes after you complete your test (time may vary depending on the brand).

Support to carry out a test or to understand the results is available on 0800 358 5453.

4 Understanding your RAT results

If it is positive

If you get a positive test result, you must self-isolate immediately and follow the advice for people who have COVID-19.

If it is negative

If you get a negative test result and do not have symptoms, it is likely you do not have COVID-19.

If you have symptoms, stay at home and carry out another RAT 48 hours later. If your symptoms get worse, contact your local healthcare provider or call Healthline on 0800 358 5453.

When you test positive your medical care related to COVID-19 is FREE. This includes GP consultations, COVID-19 related prescribed medicines and ambulance transport – should you need it.



What to do if you test positive

1 Isolate

If you test positive, you need to self-isolate from when you got a positive test or when your symptoms started. For more information visit covid19.govt.nz/positive

Everyone else who lives with you (on a permanent or part-time basis) needs to self-isolate and get tested. For details visit covid19.govt.nz/household

You can only leave isolation if you need medical care so please make a plan to be ready. This includes where you'll isolate, how you'll get food and what support you'll need.

2 Communicate

Tell people that your household has COVID-19 and is isolating. This includes regular visitors, your work place, education provider or school, local café, sports club, etc.

You need to record RAT results as soon as possible, there are two ways to do this.

- Online in My Covid Record
mycovidrecord.health.nz
- Call 0800 222 478 and choose option 3 (use this option if you're reporting results for a child under 12).

You'll receive a text message from 2328 with a code to access an online form. Complete this form to help us identify if you need additional health or welfare support and any high-risk locations.

3 Monitor

Most people will be able to manage symptoms at home. To help manage your symptoms, you can take paracetamol or ibuprofen to reduce fever, headache and body aches. Use simple remedies like honey and salt to help ease a sore throat or cough.

Monitor how you're going and if your symptoms get worse or you need advice call Healthline on 0800 358 5453.

4 Rest up

Look after your physical and mental health. Stay hydrated, get plenty of rest, avoid strenuous activity and eat when you feel you can. Stay connected, keep to a routine and move about if you can.

5 Reach out

Your whānau/family, friends and workmates will be important support while you recover so make sure you stay in touch.

It's important to keep up healthy habits – wear a mask, wash your hands and keep a safe distance from other people.

Remember to be kind, patient and understanding during this stressful time.

If you need welfare and manaaki support visit heretohelpu.nz

With self-management, you've got this whānau.

If your symptoms get worse or you need urgent medical care, call your GP, local healthcare provider or Healthline on 0800 358 5453.

If you or the person you are caring for develops difficulty breathing, severe chest pain, fainting or becomes unconscious, call 111.

Whakawhiwhi ōu putanga aromatawai

Getting your results

What to do if you or a whānau member becomes COVID-19 positive

- Make sure everyone understands what noho taratahi (self-isolation) means.
- Create a tikanga and kawa around noho taratahi for your whānau household.
- Create a process for the preparation, cooking and serving of kai for the māuiui person.
- Create a process for PPE, such as gloves and masks, along with how you will dispose of these things safely in your rubbish.
- Create an isolation space where other household members won't enter (this can be a room, a section of the home or somewhere to limit transmission).
- Identify any high-risk whānau and where the safest place for them to stay is.
- Ensure tamāriki know it's important they stay away from the māuiui person.
- Check all the fire alarms in the whare are working.
- Ensure you're clear about what to do when you can exit noho taratahi and to limit contact with others until your test comes back clear.

Four things you need to know when isolating

- 1** Do not leave the whare for any reason other than in an emergency. Call mahi, kura, friends and whānau to tell them your situation.
- 2** Order items online or ask whānau and friends to drop off essentials in a contactless way.
- 3** COVID-19 spreads easily indoors. Limit time together, ventilate your whare by opening windows and do not share any items such as cutlery, dishes, bedding, kai or inu.
- 4** If you need welfare assistance, call Waikato COVID-19 and Immunisation hub on 0800 220 250 and explain your situation and follow their advice. Call 111 in an emergency.

Ngā rauemi waiwai

Essential items

Prepare your pātaka kai so you and your whānau are equipped for isolation

Try to have enough kai to last you a few weeks, that is easy to prepare and you can freeze to eat later.

- Fruit and vegetables.
- Canned: beans, tomatoes, spaghetti, tuna.
- Staples: flour, sugar, rice, butter, oil.
- Dried: pasta, oats, cereals, noodles.
- Kaimoana, kai Māori.

Hygiene

- Disinfectant.
- Cleaning products such as dishwashing and laundry detergent, bleach surface cleaners, cream cleanser, antiviral detergent.
- Plastic gloves.
- Rubbish bags.
- Paper towels.
- Hand sanitiser.
- Toiletries – soap, shampoo, toothpaste, toilet paper, tissues, sanitary items.

Medication

- Over the counter medication such as pain relief, paracetamol for pēpi and tamariki, decongestant chest rub, cough syrup, lozenges, to use as symptoms require.
- Back up prescription medication such as inhalers, glasses and contact lenses.
- Up-to-date first aid kit.

Rongoā

- Rongoā – Kawakawa, Kūmarahou and other options to support your wellbeing.

Pēpi

- Pēpi supplies such as formula, wipes, nappies, rash cream.

Pets

- Wet and dry pet food.
- Pet medication.

Kia takatū

Get prepared plan

Make sure you have all your bases covered ahead of time, in case you or somebody in your whare gets COVID-19.

Who are you responsible for in your whānau? Use the templates below to have a kōrero about your plan and how you might respond. This is a template, so we suggest making your own copies for each member within your whānau.

Name:

Age/date of birth:

Address:

Phone:

NHI

(National Health Index number):

Vaccination status

(please circle number of doses):

0 1 2 3 4

Medical conditions:

Scheduled medicines – How often do you need to take your medicine and do you need to take it with food?

Allergies:

Do they require regular care?

Details:

Are there any regular activities you had planned to do (such as classes, programmes, hui) that you will need to make alternative arrangements for?

Date:

Task:

Alternative arrangements:

Date:

Task:

Alternative arrangements:

Date:

Task:

Alternative arrangements:

Ngā pānga ohotata

Emergency contact list

If someone in your whare becomes severely ill with COVID-19, have a plan in place to ensure tamariki and pets are cared for, your bills are paid and any key information is stored in one place.

Who	Name	Contact
Non-household emergency contact		
Doctor		
Usual chemist		
Local hospital		
Education providers		
Trusted carer for tamariki		
Other contacts: (e.g. manager, marae board etc.)		

Mahere utu

Expense chart

Expense	Amount	Next due	Frequency	Pay to	Contact
E.g. Rent/ mortgage	\$				

Rārangi āwhina KOWHEORI-19 COVID-19 support directory

Support is available for you, no matter what your situation is.

If your symptoms get worse or you need urgent medical care, call your GP, local healthcare provider or Healthline on 0800 358 5453.

If you or the person you are caring for develops difficulty breathing, severe chest pain, fainting or becomes unconscious, call 111.

COVID-19 Healthline	0800 358 5453
If you have COVID-19 symptoms (for international SIMS)	+64 9 358 5453
General Healthline	0800 611 116
Unite against COVID-19	covid19.govt.nz
Karawhiua	karawhiua.nz
COVID-19 Health Hub	covid19.health.nz
Mental Health Foundation	mentalhealth.org.nz
Health Navigator	healthnavigator.org.nz/covid-19
Here To Help U	heretohelpu.nz
Waikato testing locations	waikatodhb.health.nz/cbac
Waikato COVID-19 and Immunisation Hub	0800 220 250

Housing and employment

Work and Income	0800 559 009 workandincome.govt.nz/covid-19
Employment	0800 20 90 20 09 969 2950 employment.govt.nz
Housing and Tenancy	0800 646 483 tenancy.govt.nz/covid-19-information-for-landlords-and-tenants Email: info@hud.govt.nz
Young Workers Resource Centre	ywrc.org.nz

Disability support

Unite against COVID-19 support and information for disabled people	Call 0800 28 29 26 and press 2 Free text 8988 covid19.govt.nz/information-for-disabled-people
CCS Disability Action	ccsdisabilityaction.org.nz/covid-19
Disabled Persons Assembly	dpa.org.nz/resources/covid-19-information-for-the-disabled-community
Office for Disability Issues	odi.govt.nz/resources-from-our-covid-19-korero
Waikato DHB Disability Support services	0800 55 33 99

Here are some other handy resources

Waikato DHB facebook	facebook.com/WaikatoDHB
Protect our whakapapa	facebook.com/ProtectOurWhakapapa
Prepare and stay safe	covid19.govt.nz/prepare-and-stay-safe
Isolation and care	covid19.govt.nz/isolation-and-care

Tiakina tō tātou whakapapa

Protect our whakapapa

Immunisations help to protect you, your whānau, your community and future generations from serious diseases like measles and whooping cough, as well as COVID-19.

Are your tamariki protected?



Their **FREE** immunisations are due at 6 weeks, 3 months, 5 months, 12 months, 15 months, 4 years, 11 years and 12 years. Keeping them up-to-date protects your tamariki against serious illnesses.

Have you had your flu jab?

FLU 2022

Influenza (flu) can sometimes be confused with the common cold, but having the flu is usually much worse than having a cold. Symptoms come on suddenly and you will normally need to rest in bed. The flu can occasionally cause serious complications and death in young children, older people, pregnant women or those with certain health conditions.

The flu and COVID-19 both affect your lungs and breathing, and can be spread easily to others. Although the symptoms of both can look similar, the two illnesses are caused by different viruses. Every year we get new flu variants so each year we need a new flu vaccine to protect us.

Flu immunisations are **FREE** for anyone 65+, Māori and Pacific 55+, those with a health condition such as asthma or diabetes, or living with serious mental health illnesses or addictions, pregnant women, children aged

3 to 12 years, and younger children who have had a respiratory illness. You should get a flu vaccine each year as it is updated to protect against the latest strains of the virus.

Are you MMR protected?

**PROTECT
AGAINST
MEASLES**

The measles, mumps and rubella (MMR) immunisation helps protect you against three serious diseases. These infections can cause serious problems such as hearing loss, brain damage and infertility. Measles can be very dangerous. If you're not vaccinated it can make you very sick and affect your health for the rest of your life.

You'll need two doses to be fully protected. It's **FREE** and you can get it at your GP, some community vaccination sites and some pharmacies.

A change in the vaccination schedule has left a group of tamariki aged 3-5 needing catch-up doses. There are also many people aged 17-32, born after 1969, who have missed one or both recommended doses.

Ask your GP or health provider whether you had your measles vaccinations. If you're not sure, play it safe and get immunised. There are no safety concerns with having an extra dose, even if you may have already had two vaccine doses.

Are you a hapū māmā?



During pregnancy, it is important you're protected against infections and illnesses that can be harmful to you and your pēpi. Vaccination during the pregnancy produces antibodies, these antibodies also pass across the placenta into the bloodstream of your pēpi, protecting them after birth.

You can get your **FREE** flu vaccine at any stage of your pregnancy. Catching the flu during pregnancy increases your chances for serious problems such as pneumonia, respiratory failure, stillbirth, and premature labour and delivery.

Get your **FREE** Boostrix immunisation for diphtheria, tetanus and whooping cough (pertussis) during pregnancy. You can have it within your second and third trimesters. Whooping cough causes uncontrollable coughing and complications can be serious, including pneumonia and seizures.

Contact your GP, local pharmacy or community health provider for all your vaccinations. Waikato DHB mobile vaccination clinics are offering COVID-19 vaccinations, plus FREE flu and MMR immunisations to those eligible. For more information and to find a site, go to waikatodhb.health.nz/immunise or call **0800 220 250**.

Noho ora i tēnei takurua!

Stay well this winter!



✓ **Kainga ngā kai e tika ana** Eat well

In winter, it can seem like all your favourite bright-coloured vegetables and fruits are out of season, but there is still plenty of nutritious winter kai to feed the whole whānau. Think pumpkin, kumara, carrots, broccoli, leeks, potato, citrus fruits, apples, kiwifruit and more. Aim to eat five vegetables and two fruits daily.

✓ **Inumia te wai Māori, kia hauora te tinana** Stay hydrated – inside and out

Make sure you drink plenty of fluids to stay hydrated. Winter air can be chilly and dry, and we can get blocked noses causing us to breathe through our mouths, which can make us dehydrated. Use lip balm or petroleum jelly to prevent dry, flaky lips. To avoid itchiness and irritation, apply body and hand lotion after your shower or bath.

✓ **Me whai wā ki te whakangā i tō tinana** Allow your body to get good rest

Make sure you get enough sleep as it helps your body heal from illness and helps strengthen your immune system to avoid getting sick in the first place. Sleep can also help boost your mood and stay more focused and productive.


✓ **Kia kaha ki te kori i te tinana** Keep active

You can feel more physically tired in winter and find it harder to be motivated to exercise, especially if it's cold, wet or dreary outside. It's tempting just to rug up on the couch, but getting up and moving around regularly helps warm you up. It's important to get out for fresh air if you can or find ways to be active indoors.


✓ **Matua te whakaaro ki ngā tikanga akuaku o te tinana** Keep up with personal hygiene

Wash and dry your hands, well and often, to kill germs and help stop the spread of illness. This is important before preparing food and eating. Also, you should always wash your hands after using the bathroom. Clean and disinfect surfaces regularly. Viruses can live on hard surfaces, so wipe down high-touch areas like door knobs, phones, toys and light switches.




 **E noho ki te kāinga mēnā kei te māuiui koe** Stay home if you're sick

You need rest and you don't want to spread germs to others if you can help it.

 **Whakamaua ngā kākahu e tika ana mō te huarere**

Dress for the weather

Pull-on your socks and jersey and warm hat – staying as warm as possible is a key way to support your body's natural immunity and defend against sickness. Wearing multiple layers of clothing is better for keeping your body warm than just wearing one heavy layer of clothing.

 **Kia mahana te whare** Keep your home warm

Keeping your home warm and dry inside helps leave all the winter nasties outside. Keeping your home warm and dry can be expensive, the Whare Ora programme supports whānau to create healthier homes that are warmer, drier and safer. Email WhareOra@waikatodhb.health.nz to see if you're eligible.

 **Toro atu ki te whānau, ngā hoa tata hoki**

Check-in with friends and loved ones

The winter can be a depressing and isolating time. Many suffer from seasonal affective disorder (SAD) and can feel withdrawn from others, and with shorter daylight hours you can feel less like heading out to socialise. So, it's essential to reach out and check-in with your loved ones often.

He mea nui te hauora Health is wealth

Do you have a GP or Māori or Pacific health provider? Call 0800 220 250 now if you don't to find one.

Are your prescriptions up-to-date? They may not be up-to-date and still working for you. Check in with your GP or Māori or Pacific health provider.

Do you smoke? You can get help to quit now, call 0800 6623 4255.

Do you have asthma? An asthma plan helps you stay well, speak to your GP or Māori or Pacific health provider if you don't have one.

- Your pharmacy can help with most minor medical issues or health concerns.
- Visit your GP or Māori or Pacific health provider before you get too sick or phone Healthline 0800 611 116 for free health advice.
- Call our Waikato COVID-19 and Immunisation hub if you need further support on 0800 220 250 or email CSIQservice@waikatodhb.health.nz
- For emergencies or serious medical attention dial 111 or go to your nearest hospital emergency department.



waikatodhb.health.nz/immunise

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Te Whatu Ora
Health New Zealand