



Are You Covid Ready?



Ngā mihi to our partners

Getting hōhā with everyone
saying get a plan? And then being left
to wonder what that should look like?

Well, this is our go at it...

First, we've organised 4 main kaupapa.

- ❖ Medical
- ❖ Health
- ❖ Mental Fitness
- ❖ General



Here we go,
things you need to know about, think about, or do
i.e. Get a Plan for ...

On the Medical Front..

- ❖ Getting your medical advice sorted especially if you have asthma, high blood pressure, heart disease, diabetes, and any breathing- related difficulty, but all other medical conditions will have a particular relationship with COVID too.

No self-diagnosis whānau, ask the trained people!

- ❖ Sorted means you've had a GP or Nurse consult and you learn what to expect if COVID visits you and your home.
- ❖ You know what do to do with your meds i.e. whether you need to stop, carry on, or start new ones.
- ❖ You have repeat scripts organised.
- ❖ Hapū mums are informed, and any worries worked through.
- ❖ You start creating habits of noticing symptoms and recording them. You've got a thermometer - yep you will need one.
- ❖ Thermometer - measure body temp, quick way to check how your symptoms are traveling and to work out when COVID 'has left the building'...
- ❖ Pulse Oximeter - measure dropping oxygen levels, can suggest your lungs are under stress.

The Medical Stuff...

When should you go to the hospital with Covid-19?

A pulse oximeter and thermometer will be delivered to you to measure your vital signs if, you are positive. This tells you whether your illness is becoming more severe and whether you need to seek further treatment.

Contact your GP.

To use the oximeter, press the on button and put it on your finger:

- ❖ Use the index or middle finger
- ❖ Observe readings for 30–60 seconds to identify the most common value
- ❖ Remove nail polish from the finger on which measurements are made
- ❖ Warm cold hands prior to measurement

Normal vital signs for adults:

- ❖ Normal temperature 36.0 – 37.5 degrees Celsius
- ❖ 37.5 – 38.0 is a low-grade fever
- ❖ 38 and above is a fever
- ❖ Normal heart rate 60 – 100 beats per minute
- ❖ Normal oxygen saturation 95% and above



Normal vital signs for children:

- ❖ Normal temperature & oxygen saturation values are the same as adults
- ❖ Children have faster heart beats than adults
- ❖ Newborn: 100 - 160 beats per minute
- ❖ Infant: 90 - 120 beats per minute
- ❖ 2 - 5 years: 95 - 140 beats per minute
- ❖ 5 - 12 years: 80 - 120 beats per minute



On the Health Front

Getting Ready for COVID...

- ❖ If the Vaccine is right for you - get it done now. Covid is still around.
- ❖ Get the good stuff in the tinana. To put it simply, try and keep all meals as something from out of the whenua, the ngahere, the moana, the awa. Say no to stuff your tinana stresses out over. All those medical goodies do not need to be working harder at this point. If it comes with fries and fizzy - COVID is winning...
- ❖ Vitamins C, D, zinc are your superpowers - get some in you.
- ❖ Work those lungs, strengthen them up - get a walk in, a swim (float lol), a run, a bike.
- ❖ Disability supports - know what is accessible to you.
- ❖ Consider moving to be with whānau that might offer more support if needed. Or see if a whānau member can come to you, especially if you are home alone.

On the Health Front – With COVID...

- ❖ Know how the virus will work itself through the tinana, so that you can respond to symptom impacts throughout that journey.
- ❖ List up those home remedies that help soothe those symptoms.
- ❖ Reduce viral loads where you can.
- ❖ Keep a daily watch and record symptoms on the Health Check Record.
- ❖ Keep connected with your GP and your connector with any worries that you might have as you travel through the COVID infection stage.

On the Health Front

Preparing your tinana to fight COVID

- ❖ Give your body some good tools to fight Covid; eat whole foods (foods as close to how they are found in nature) and reduce any intake of alcohol, sugar, and processed foods
- ❖ Vitamins C & D and Zinc; these support the immune system and have shown to be useful in the prevention and treatment of Covid, you can eat foods that contain these, check in with your GP to decide if taking these as supplements is appropriate for you
- ❖ Vitamin D is produced by the skin when it is exposed to sunlight so make a point of getting daily sunshine - it's something we can all do.

Foods containing Vitamins C & D and Zinc

Vitamin D: Sardines, Salmon & Mushrooms

Vitamin C: Citrus, Kiwifruit Berries, Leafy greens, Broccoli & Brussel Sprouts

Zinc: Red meat, Shellfish, Pumpkin seeds, Sunflower seeds, Legumes & Cashew nuts



The Health Stuff

- COVID's arrived

GOT SOME COVID SYMPTOMS? You can have a combination of the following symptoms, usually (but not always) presenting in this order:

- ❖ Fever
- ❖ NAUSEA
- ❖ COUGH
- ❖ MUSCLE
- ❖ PAIN
- ❖ DIARRHOEA

FURTHER SYMPTOMS ARE:

- ❖ FATIGUE
- ❖ HEADACHE
- ❖ LOSS OF TASTE OR SMELL
- ❖ SORE THROAT
- ❖ CONGESTION OR RUNNY NOSE
- ❖ SHORTNESS OF BREATH
- ❖ DIFFICULTY BREATHING

WHERE TO GET A TEST

Murupara Medical Centre

Te Ika Whenua Hauora Testing Station

On the Mental Fitness Front...

- ❖ Yes, remind yourself that there is an endpoint, a light at the end of the tunnel, the other side of COVID.
- ❖ There is still a lot going on around us that hasn't stopped with COVID. Plug in to it. Too much COVID can make us all COVID crazeeee.
- ❖ Read, watch, listen to a mix different kaupapa - your brain is probably just as hōhā processing COVID stuff all day - give it a break.
- ❖ If the raised anxiety levels across our hapori, worry impacting mahi, starting to feel a crush on household bills and needs, little things become big things - then don't shrug them off. Talk to someone, create a list of 'someone's' you think will listen. And yes... they're probably in the same place as you. So, get that conversation started.

Work that heart and those lungs

- ❖ Grab a mate and get walking. Try out Waiora Track, Kani Rangī Park...
- ❖ Grab those mokopuna and head to the river... and get in!
- ❖ Lots of whānau can also write up fitness programmes for now and beyond COVID if that works for you.



And the General Front...

- ❖ Costs are rising - accept the need to cut back for a few months. Get clever with leftovers. Get a co-op going between a few or many.
- ❖ Stock up the shelves. Struggling to do that? Contact your Iwi connector

Health & medical: paracetamol, ibuprofen, cough/throat lozenges, mouth washes/gargles, vitamins C & D, zinc, nasal rinses, two weeks' worth of prescription medication, dry well ventilated home

Hygiene: hand sanitiser, rubbish bags, gloves, masks, disinfectant, soap

Kai cupboards: soups, herbal teas, bone broths, ice blocks, juice, and smoothie mixes for a reduced appetite, rice, weetbix, tissues, toilet paper, two weeks' worth of kai

- ❖ Write up an isolation plan.
- ❖ Write up a “who’s your shopper” plan, work out how shopping will happen while you cannot. Online? Grab a cuzn? Got a delivery sorted?
- ❖ Letting mahi know where you’re at if you catch COVID.
- ❖ Childcare plan, especially for tamariki that have 2+ kainga.

So, you're positive...

- ❖ Stay home! Do that now!
- ❖ Don't stress - it's our new normal! It's okay to feel anxious or worried
- ❖ Rest - yup, that's Doctor's orders, sunshine, and fresh air!
- ❖ Drink plenty of water; if your appetite is decreased don't worry so much about eating but **staying hydrated is extremely important**
- ❖ Continue taking your regular medication; it is important NOT to alter any of your regular medications unless advised by your doctor

Symptom Support

Some over the counter medicines and home remedies can relieve Covid symptoms and help you feel more comfortable

- ❖ **Ibuprofen** is used to treat pain by reducing inflammation in the body associated with Covid
- ❖ To get rid of mucus in your lungs you can try **inhaling steam** with a tea towel over your head; you could add **essential oils** to the water or Vicks **VapoRub** as the **eucalyptus** and **menthol** can help ease symptoms
- ❖ **Hot water with ginger and honey** is a simple and effective remedy for relief from coughing as well as warm milk and honey

Covid is carried in your mouth and nasal passages, rinsing them two to three times a day can be effective at reducing the viral load (how much virus you carry in your airways), which can then reduce the severity of Covid symptoms.

- ❖ **Mouthwashes/Gargles:**
- ❖ **Betadine** - two teaspoons 10% betadine liquid in one cup of water (can also be used as a nasal rinse)
- ❖ **Salt water** - half teaspoon salt in one cup of water (can also be used as a nasal rinse)
- ❖ **Baking soda** - one teaspoon baking soda in one cup of water

So, you're positive...

Seek advice from your Health Practitioner at any time if you are unsure of what to do or are worried about your symptoms.

Murupara Medical Centre	07 3665 555
TRONM Covid Response	0800 669 100
Te Ika Whenua Hauora	07 3665 585
Healthline	0800 611 116
Covid Healthline	0800 358 5453 24 hours a day

Isolation

Okay, lotsssss of changes here with Isolation rules as COVID Delta and Omicron move to evade our fences. Here is the latest as well as anticipated changes as Omicron ramps up.

Phase 1	Phase 2	Phase 3
	Changes imminent	Expected during omicron surge and peak
<p>COVID Positive isolate 14 days, health officers signs off release.</p> <p>Household contacts 14 days with COVID Positive whānau, then 10 days with their own isolation clock, testing days 5 and day 8 or when symptomatic.</p> <p>Close contacts – isolate 10 days, test day 5 and 8 – then self-release if negative and no symptoms.</p>	<p>COVID Positive isolate 10 days and self-release if days 7,8,9 had no symptoms.</p> <p>Household contacts isolation clock of 10 days starts when COVID positive whānau is released.</p> <p>Close contact isolate 7 days - test day 5.</p>	<p>Same as Phase 2.</p> <p>Household contacts will isolate 7 days after release and only test if symptomatic.</p> <p>Close contacts isolate 7 days – no test unless symptomatic.</p>

So, you're positive...

Staying Mentally Tough!

Most humans don't like dealing with uncertainty. And we've had heaps of that. We can feel upset about things we don't think we have control over... i.e. we don't like our tamariki being sick and we can't fix it, or when we head into hardship or deal with unjust things, feeling we don't have the ability to solve it can lead to turmoil. COVID can feel like that. Lots of uncertainty. Selective media stories bringing us the extreme parts but not the boring COVID parts. Worrying for pakeke or medically at risk whānau. But... COVID is not that. COVID may have wreaked havoc with your mahi, your business, your livelihoods, your health. But maybe this shake up can be a needed thing. Maybe some things need adjusting? COVID has an endpoint. You've made choices about what you need to do to get to the other side. That is all kei te pai. It really is. So, whether you grabbed a raft, a canoe, or some floaties - it doesn't matter. Let's just get to the other side... quietly, loudly, noisily, gracefully, smoothly, awkwardly... doesn't matter. Get to the other side whānau. You're the best person to take care of you. Do it now! Need some help – We are here for that! Iwi Connectors, Medical Centres. Email covidresponse@manaware.co.nz or just anyone you know

Who's your shopper?

Isolation starts out as minimum for 7 days but depending on when the last person at home gets through their infection, for our bigger kainga, some whānau have been in isolation for 50 days +.

If someone sneaks out of home to do the shopping, then... everyone's isolation clock starts over and testing needs to be re-done. So, get it done through delivery yourself or get you a shopper.

Here are some options:

- ❖ Order online and ask your 'shopper' to pick up when they do their shopping.
- ❖ Some places deliver directly to your home... but they don't go everywhere.

Here's what your Local Supermarkets do online:

Method	Murupara Four Square	Pak n Sav Rotorua	Countdown Rotorua	New World Rotorua
Do they Deliver to your home?	No	No	No	No
Click and collect available?	No	No	Yes	Yes

So, you're positive...

Health Check Record

Once you have been diagnosed as having Covid

WEEK 1

- ❖ For each symptom, write down if you feel Better (**B**), the Same (**S**), or Worse (**W**) than the previous day.
- ❖ In the last row, give yourself a number out of 10 as to how you feel overall, where 10 is well, and 1 is very unwell.

Day/Date	1			2			3			4			5			6			7			
Time of day	am	mid	pm																			
Oxygen(%SPO) Top number on pulse oximeter																						
Heart Rate Bottom number on the pulse oximeter																						
Trouble Breathing																						
Cough																						
Thirsty																						
Headache																						
Sore Throat																						
Fever/Chills																						
Tiredness																						
Vomiting Being Sick																						
Diarrhoea Runny Poo																						
OVERALL																						

So, you're positive...

Health Check Record

Once you have been diagnosed as having Covid

WEEK 2

- ❖ For each symptom, write down if you feel Better (**B**), the Same (**S**), or Worse (**W**) than the previous day.
- ❖ In the last row, give yourself a number out of 10 as to how you feel overall, where 10 is well, and 1 is very unwell.

Day/Date	1			2			3			4			5			6			7			
	/	/		/	/		/	/		/	/		/	/		/	/		/	/		
Time of day	am	mid	pm																			
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Sore Throat																						
Fever/Chills																						
Tiredness																						
Vomiting Being Sick																						
Diarrhoea Runny Poo																						
OVERALL																						

Covid-19 Support Directory

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

In an emergency call 111

If you cannot find the support you need in the contact list below, contact

TRONM Covid Response: 0800 669 100

Local Health and Welfare

Eastbay Reap – Youth Service	0800 432 7327 07 366 5784
Te Ika Whenua Hauora Counselling/AOD Support	07 366 5585 07 366 5562
Murupara Police Station	07 366 1160
Murupara Medical Centre	07 366 5555

Church Counselling Support

Eastbay Reap – Youth Service	0800 432 7327 07 366 5784
Te Ika Whenua Hauora Counselling/AOD Support	07 366 5585 07 366 5562
Murupara Police Station	07 366 1160
Murupara Medical Centre	07 366 5555

Covid-19 Support Directory

National Health and Welfare

COVID-19 Healthline If you have COVID-19 symptoms	0800 358 5453 +64 9358 5453 (for international SIMS)
General Healthline For any other health concerns	0800 611 116
Mental health support For support with anxiety, distress, or mental wellbeing	Call or text 1737 Talk with a trained counsellor for free
Mental wellbeing helplines	mentalhealth.org.nz justathought.co.nz leva.co.nz allright.org.nz
Whakatauki Mai The Wellbeing Sessions	Free online wellbeing sessions www.wellbeingsessions.nz
Stress and disruption Self-help websites	Melonhealth.com and mentemia.com/nz to cope with stress and disruption
Depression helpline	0800 111 757 depression.org.nz
Alcohol drug helpline	0800 787 797
Smoke-free quit support	0800 6623 4255 – Once and For All 0800 778 778 or text 4006 - Quitline
Women's Refuge	0800 733 843 womensrefuge.org.nz
Family and sexual violence prevention helplines	Covid19.govt.nz/health-and-wellbeing
Te Arawa Whānau Ora	07 2131995
Manaaki Ora	0800 348 2400
Elder Abuse	Call 111 or 0800 32668 65
Safety	Call 111 immediately in an emergency, if you or someone else is in danger of being harmed or may harm themselves.

Covid-19 Support Directory

Financial

Business advice	0800 500 362 for North Island 0800 50 50 96 for South Island <ul style="list-style-type: none"> • How to access COVID-19 business support • What Alert Levels means for your business • HR and general business advice
Work and Income You may be eligible for support even if you are working, depending on your personal circumstances	0800 559 009 workandincome.govt.nz <ul style="list-style-type: none"> • food costs • accommodation costs • emergency medical and dental treatment • water tank refill
Forseniors (65 plus):	0800 552 002
Financial support schemes for businesses, employers, and employees.	https://bit.ly/supportscheme <ul style="list-style-type: none"> • Resurgence Support Payment • Short-Term Absence Payment • Wage Subsidy Scheme • Leave Support Scheme
Studylink	0800 88 99 00 studylink.govt.nz

Housing and employment

Living expenses Work and income	workandincome.govt.nz/eligibility/living-expenses
Employment	0800 20 90 20 09 969 2950 employment.govt.nz
Working Safely	0800 0300 40 04 897 7699 worksafe.govt.nz
Housing and Tenancy	0800 646 483 Hud.govt.nz info@hud.govt.nz
Getting kai	www.foodbank.co.nz/bay-of-plenty

