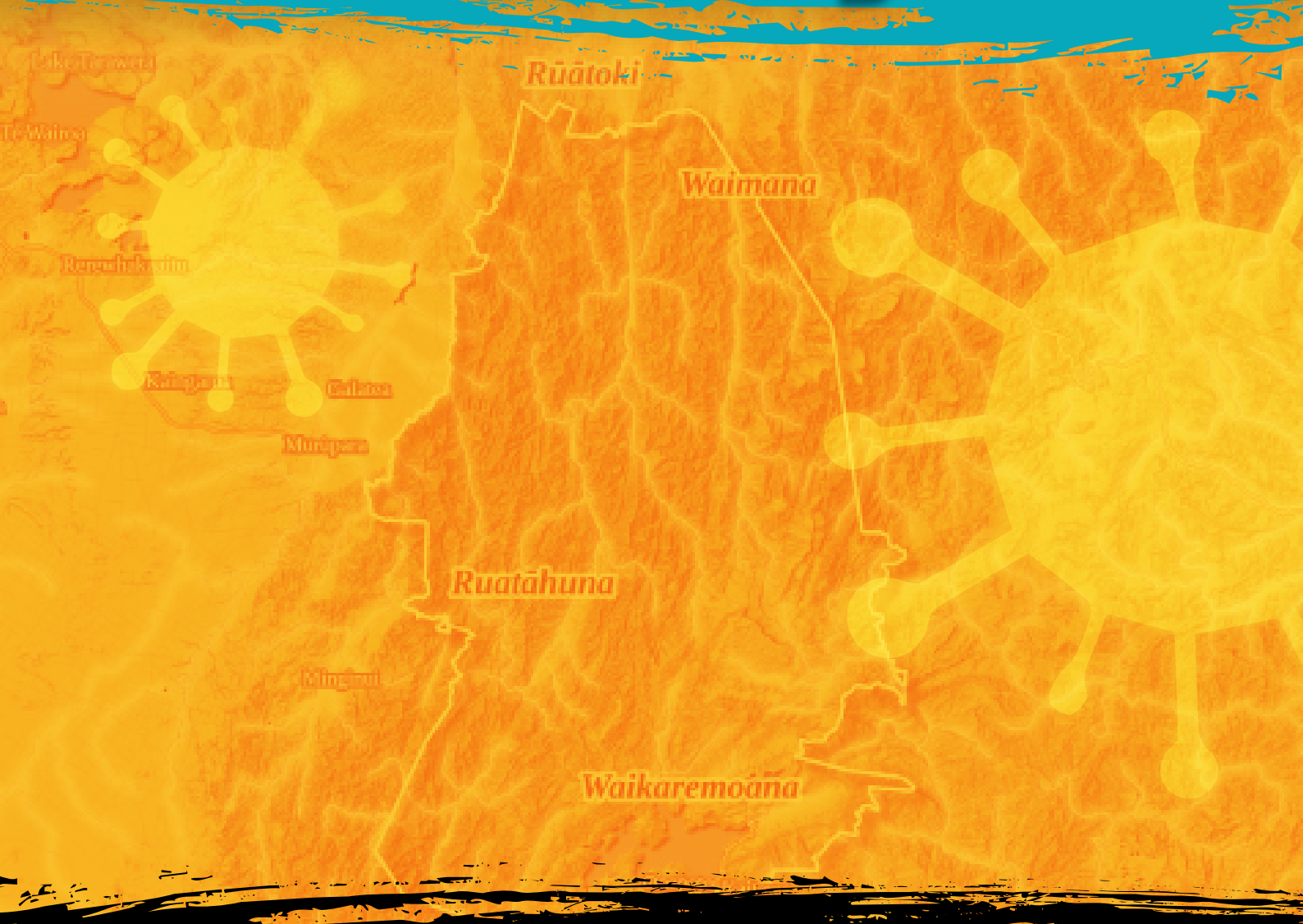


Being


Ready




Kia Matara.

Kia Matemateāone Tētahi Ki Tētahi

Unite
against
COVID-19

A hand holding a pen is positioned over a yellow notepad. The notepad features a faint, decorative pattern of stylized leaves or swirls. The background is a blurred view of a window with greenery outside. The text is overlaid on the yellow notepad area.

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 the stuff under 4 main kaupapa.

Medical

Health

Mental Fitness

General Stuff

Here we go – these are things you need to know about, think about or do ie
Get a Plan for ...



On the Medical front...

- Getting your medical advice sorted especially if you have asthma, COPD, 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 to do with your meds ie 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. Your GP or Nurse may also lend you a pulse oximeter.
 - Thermometer – measure body temp, quick way to check how your symptoms are traveling and also to work out when COVID 'has left the building'...
 - Pulse Oximeter – measure dropping oxygen levels, can suggest your lungs are under stress.
- Your Tāneatua Medical Centre, clinical team are providing all consults for free. Please grab you a free medical check and the team will build you a COVID SMART plan directly with you.

On the Health Front – Getting Ready for COVID

- If the Vaccine is right for you – get it done now. Delta 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 nahere, 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 – appendix 1.
- 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 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 hoha 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.

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? See your Tribal for some support here.
- 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.
- Child care plan, especially for tamariki that have 2+ kaina.

Your plan might include lots more, but just having thought through some of the above will mean that you will know how to get yourself through...

The more ready you can get yourself, the more confident, able and prepared you will feel in through COVID safely.

Use this plan to record and gather together your ideas which when brought together will be your COVID Ready plan.

The Medical Stuff

This section is for whānau that may be medically at risk. If you are enrolled with the Tūhoe Medical Centre, the team will already have you on the list and are calling you now. Call them if you need to update contact details. No, you do not need to be enrolled with us to organise a consult – And Yes, it is still free!

Check in note: if you have other medical tests or appointments that fall due while you may have COVID – don't let them slide! Stay in the queue. Chances are you need that feedback to inform your COVID response. Let your connector know, we can't see your specialist appointments so won't know to flag them.

Medically at risk is a term you define. If you feel medically at risk – get a GP or Nurse consult. Here are whānau who we are encouraging to get a GP or nurse consult. Yes – it's free at a Tūhoe Medical Centre!

- asthma
- COPD
- high blood pressure
- heart disease
- diabetes
- hapū mums

After your GP consult the clinical team will work out the following with you:

My conditions

Medical conditions I have	Medication I take for it	What DOSE I take	WHEN I take it



Added medications



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 in a hospital setting.

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

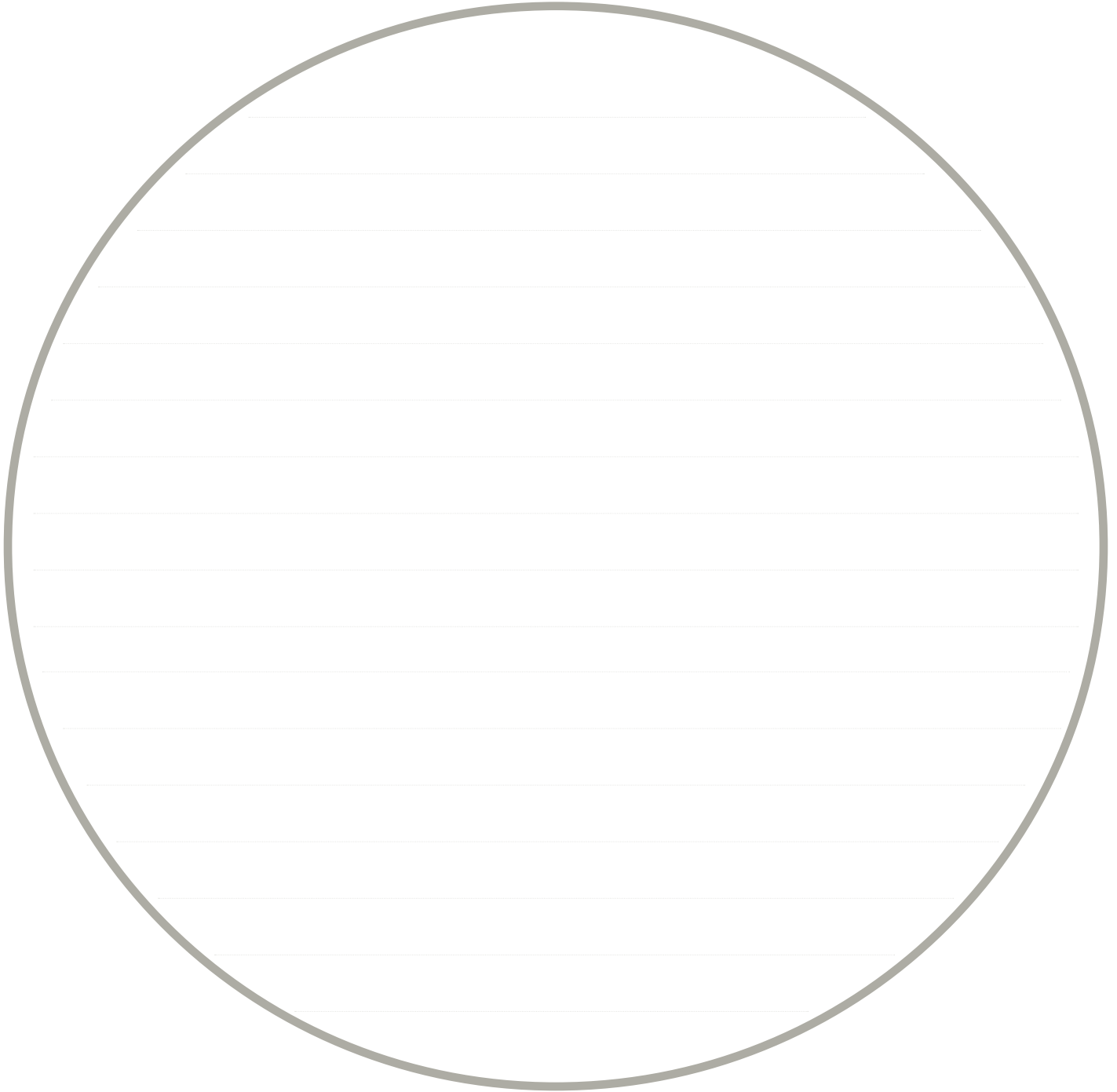
Normal vital signs for children:

- Normal temperature and oxygen saturation values are the same as adults
- Children have faster heart beats than adults
 - New born: 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

You will be assessed every day to interpret your vital signs and symptoms and be advised on the appropriate actions to take.

What can I do with my conditions if I catch COVID?

This space records the discussion you will have with your GP or Nurse.

A large circle with a grey border, containing horizontal lines for writing. The lines are light grey and spaced evenly across the circle.



Getting home ready for COVID

STOCK THE SHELVES

Health & medical

- paracetamol, ibuprofen, cough/throat lozenges, mouth washes/gargles, 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

Mask, Scan & Vaccinate

If you are a smoker, reducing or quitting smoking altogether could decrease the risk of developing complications from Covid illness

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.

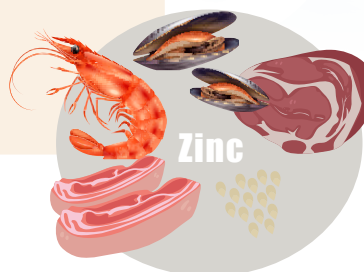
FOODS CONTAINING VITAMINS C & D AND ZINC



Sardines
Salmon
Mushrooms



Citrus
Kiwifruit
Berries
Leafy greens
Broccoli
Brussel Sprouts



Red meat
Shellfish
Pumpkin seeds
Sunflower seeds
Legumes
Cashew nuts

VAX UP - Get it done here...

0800 829 001

Eastern Bay Covid
Vaccination Booking

0800 829 002

Boosters

0800 282 926

Quay St, Whakatāne
Vaccination Centre

Drop in to Tāneatua Medical Centre

22 Tūhoe St, Tāneatua. Thursdays, 12.00-2.00pm

Visit [BookMyVaccine.nz](https://bookmyvaccine.nz)

Work that heart and those lungs

- Grab a mate and get walking. Try out the bushcrew's track in Rūātoki, Waimana Ōtamatuna, Ruatāhuna, the school loop, Lakies well... pick.
- 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.



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:

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

Tāneatua Medical Centre

22 Tūhoe St, Tāneatua
(07) 312 9159

Kawerau Medical Centre

26 Islington St, Kawerau
(07) 323 6249

Waimana Medical Centre

10 Raroa Rd, Waimana
(07) 312 3296

Hinepūkohurangi Medical Centre

5906 Ruatāhuna Rd
(07) 366 3228



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 - remember the majority of people recover from Covid
- 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:

- **Paracetamol** is used to reduce fever and relieve mild to moderate pain
 - **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.
- **Mouth washes/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

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

Tūhoe Covid Support 0508 4 AROHA (0508 427 642) 8:30am – 4:30pm

Healthline 0800 611 116, Covid Healthline 0800 358 5453 24 hours a day

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... ie we don't like our tamariki being sick and we can't fix it, or when we head in to hardship or deal with un just 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 kai 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! Tribal's, Iwi, Connectors, Medical Centres. Email your Tribal, tari@ngaituhoe.iwi.nz or just anyone you know.

Your Tribal

Te Komiti o Runa Office | E: admin@tkor.iwi.nz | P: 07 3129138

Manawarū | E: office@manawaru.iwi.nz | P: 07 3663228

Waikaremoana | E: tari@wta.iwi.nz | P: 06 8373987

The General Stuff

This plan and your Tēnā Koe COVID booklet have some helpful pages to write out and record some of your COVID prep plans. Those templates are not repeated here but continue to be useful – so grab that and join them together.

Bills and Shopping

- Your Tribal's have now established 'Pātaka Kai'. Pātaka Kai operate as:
 - A more localised store, that help you avoid supermarket masses if that worries you.
 - A store that will be trying to maintain the essentials for you ie flour, butter, oil, hygiene and baby stuff if it becomes scarce in town.
 - A food bank – for whānau who may need kai support from loss of income caused by COVID.
- Your Tribal Pātaka Kai option has been setting up for a little while now. Shortly, they will be communicating how that works in your wharua – marua.
- If COVID is causing you financial stress, contacting your Tribal will either get you some support immediately, or elevate that to wider Iwi level support. Reach out.

Isolation

Okay, lots 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.

Today	Changes imminent Phase 2	Expected during omicron surge and peak Phase 3
<ul style="list-style-type: none"> COVID Positive isolate 14 days, health officer signs off release. 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. Close contacts – isolate 10 days, test day 5 and 8 – then self-release if negative and no symptoms. 	<ul style="list-style-type: none"> COVID Positive isolate 10 days and self release if days 7,8,9 had no symptoms. Household contacts isolation clock of 10 days, starts when COVID positive whānau is released. Close contact isolate 7 days – test day 5. 	<ul style="list-style-type: none"> Same as Phase 2. Household contacts will isolate 7 days after release and only test if symptomatic. Close contacts isolate 7 days – no test unless symptomatic.



Who's your shopper

Isolation starts out as minimum for 10 days, but depending on when the last person at home gets through their infection, for our bigger kaina, 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	New World – Wairoa	New World - Whakatāne	Pak N Save	Countdown
Do they Deliver to your home?	No	Yes, but only to Tāneatua.	No	Yes, but only to Tāneatua.
How their click and collect works	Yes. Currently need to go inside the shop	Yes, they use lockers.	Yes, open an account, they use outside locker.	Yes, you need to go in the store.

Fresh mart also delivers to Tāneatua.

Kai can then be accessed by you, (though with some scarcity in places) including in an isolation situation:

- Your hunting and gathering effort.
- Pātaka Kai either through your Connector, your 'click and collect' option or directly.
- Local Supermarket – see details above for each.

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	am	mid	pm	am	mid	pm	am	mid	pm	am	mid	pm	am	mid	pm	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																					
Diarrhea Runny Poo																					
OVERALL																					

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	8 / /			9 / /			10 / /			11 / /			12 / /			13 / /			14 / /		
Time of day	am	mid	pm	am	mid	pm	am	mid	pm	am	mid	pm	am	mid	pm	am	mid	pm	am	mid	pm
Oxygen(%SPO) Top number on pulse oximeter																					
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