

Make a plan

Decide what happens if someone in your whare gets mauiui/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 and kitchen.

Option 3

Coordinate with your whānau/hapori another whare where whānau can go and isolate.

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, for example shared spaces, isolation areas, sanitising stations.

Make a list of household instructions that are easy to follow if you get sick, such as 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 whānau

Make sure all the whānau are on board and understand the plan.

Put a list up on your fridge of whānau details (names, ages, NHI numbers, medical conditions, addictions) and 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 and 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.

Prepare your pātaka

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

- Kai high in vitamins, for example fruit and veges
- Fluids, like water, broth, kawakawa tea
- Baby supplies
- Hygiene products
- Medical supplies
- Cleaning supplies.

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

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

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, for example text or message before they arrive, beep from the gate, wait in the waka.

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

Protect your whakapapa

Keep to the kaupapa and encourage each other to stick to the plan.

Stay connected — arrange regular catch-ups with your whānau, friends and community.

Don't be whakamā to reach out if you need help. You are not alone. If you need to talk to someone, free call or text 1737 anytime.

Encourage your whānau aged 12 years and over to get their vaccination against COVID-19. It protects everyone in the rohe. You can see what clinics are on in Hawke's Bay at hbcovidvaccine.nz Book online at bookmyvaccine.nz or call 0800 28 29 26

Like our tūpuna of Te Matau-a-Māui — stay strong, stay resolute.

Whakaritea he rautaki

Ki te mau i te tētehi o te whare me whakatau he aha te ara whakamua.

Whiringa 1: Whakaritea he rūma motuhake mō te hunga mau i te whare hei whakahaumarua 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 kua 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 whakahaumarua i te whānau.

Whakaritea tō whare

Whakaarotia te huarahi tika hei whakahaumarua i tō whānau kia kua 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, wahi 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 whānau

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

Whakairia ki te pouaka makariri ngā kōrero whānui mō tō whānau (ingoa, pakeketanga, nama NHI, pānga mau i te waranga) me ngā whakapanga ohorere (tākuta, nēhi, hunga tautoko) - mō te tūpono ka puta mai he rarua.

Kōrero ki ngā tamariki mō te rautaki haumarua 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 mo te katoa o te wā e noho rāhui ana tō whare.

Whakaritea tō pātaka

Me mātua whakaritea 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 hiahia 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.

Whakatauhia te tikanga

Whakatauhia te tikanga hei whaitanga mā tō whare. Me tino marama 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 haumarua 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.

Tiakina tō whakapapa

Kia u ki te kaupapa me te kaha akiaki i te katoa kia mau, kia ita ki te rautaki haumarua.

Hono atu/hono mai — kia kaha ki te whakawhanaunga atu ki tō whānau, o hoā, me tō hapori.

Kua rawa e whakamā ki te tono āwhina. He waka eke noa. E hiahia ana koe ki te whakawhitwhiti kōrero ki tētahi tangata mōhio pai. Waea mai! Kore e utu, text mai rānei 1737.

Ao noa! Po noa! Akinatia! Whakakipakipa ngā tamariki, te whānau, tekau ma rua tau ake atu. Tikina te rongoa arai i te mate hei kaupare ake i tenei ki ngangara moroiti. Mā te [Ipurangi hbcovidvaccine.nz](https://www.ipurangi.hbcovidvaccine.nz) ka kitea i ngā tauranga, nga whare haumanu. Whakaritea mā te [ipurangi Bookmyvaccine.nz](https://www.ipurangi.hbcovidvaccine.nz) waea atu rānei 0800282926.