

Preparing for Covid-19 in the Community

With an increase of Covid-19 cases across Aotearoa, as well as whānau moving between regions, we need to ensure our hapori is prepared if they need to isolate or if there is another lockdown. Here is a basic checklist with question prompts for our whānau to consider.

Many of our Iwi Health & Social Service arms will also have expertise and knowledge about what is needed during Covid lockdowns.

NB: While standard public health measures remain – good hand sanitisation, masks, social distancing and double vaccination is the key to avoiding greater impact on our primary care and hospitals. We really encourage our whānau to continue to complete contact tracing registers in stores and venues, including marae, and/or record their visit using the NZ CovidTracer app on their smartphones.

Welfare

Kai

If whānau are required to isolate, do they have enough kai?

- How do whānau normally manage accessing their kai during the week, and what may need to change?
- Do whānau have the basic stocks to get through for a couple of days?
- What happens if the main kai provider/gatherer needs to isolate?
- Are there others who can help with the delivery of the kai?
- Can kai be delivered within 6 hours?
- Who is available to help after hours and in the weekends?
NB: A lot of providers aren't available during this time.
- Is there an online shopping or delivery service available nearby?
- Do we know who else in the community can support with kai?
- What does this mean for whānau who normally provide fishing/hunting kai for others?
- Do whānau have the refrigerator/freezer space to store supplies?
- Do whānau have the knowledge to survive on the basics eg: How to make parāoa?

Accommodation

- Do whānau have the space to safely isolate at home?
- Do whānau have access to clean drinking water?
- Are there facilities in our community we could safely move whānau to?
- How do we maintain the safety of those in the whānau who may be part of the bubble?
- How do we maintain the safety of others who live nearby without disclosing too much information/making people anxious/stigmatising those who have Covid?
- Is there a well-ventilated space at home?
- If the weather turns cold, is there access to firewood or safe forms of heating?
- If whānau use a laundromat, is there a Plan B?
- If whānau go into supported isolation, are there laundry facilities there?
- Are there activities whānau can do while in lockdown at home, in arranged accommodation?
- Are there age-relevant things for tamariki and rangatahi to do?
- Is there support for schooling at home?
- How about emergency/transitional housing? What is available in our community if we need to move whānau?

Digital

- Is there wi-fi available in the whare?
- Can we access wi-fi if needed?
- Do whānau have a working phone and access to a charging point?
- Is more data needed on phones?
- Do phones have cell network coverage?
- Can health consultants be contacted via phone?
- Do whānau know about internet websites that can provide assistance eg: Healthpoint and Toi Te Ora?
- Do whānau have the digital health literacy skills needed to access resources and talk with experts?
- Are there rangatahi/tamariki/mokopuna available in the whare to help if needed?

Income

- If whānau contract Covid or are required to isolate, do we know if their income will reduce or stop completely?
- Do whānau have the support and knowledge about income subsidies available to them?
- Do whānau have a supportive employer in contact with them?
- Is there financial support available for rent and mortgage payments?
- Is there financial support available for other bills such as power, water, internet?

Health/ Medication

- Do whānau have a Covid care plan for those who live in the whare?
- Is there support to help whānau create a Covid care plan if needed?
- Do whānau have access to a supply of items that might be needed such as Panadol, Paracetamol, Nurofen, cold packs, tissues, sanitiser, rubber gloves, tissues, throat lozenges, electrolytes, ice blocks, throat spray, Vicks and other first-aid items?
- Do whānau have enough baby formula and nappies?
- Do whānau know where they can be tested for Covid-19?
- Is there a local Covid-19 testing site?
- Are whānau able to get to a Covid testing location?
- Has the affected whānau member been in communication with their GP?
- Can whānau access the medication they need? For example, can whānau get their prescriptions filled or dropped off safely?
- Is their GP able to consult virtually (online, on the phone) if needed?
- Do they have enough wi-fi, phone coverage and data for health check ins?
- What planning needs to take place if whānau need to access another health professional and/or the hospital?
- If whānau are discharged from hospital do they have the right equipment?
- Are whānau aware of high risk/immunocompromised members who may need extra support and protection? For example whānau undergoing chemotherapy?
- Are we emotionally prepared if whānau are admitted to hospital and we can't go with them?
- What about whānau tautoko? There will be limitations as to who can go to hospital to tautoko our whānau members. Have we decided who can or will we be able to visit?
- Is there a plan B if the whānau tautoko gets sick and can't travel?
- Is there a plan in place if one of the whānau is an essential worker and may have increased their risk of exposure?
- How can front line or essential workers be supported?
- Do whānau have the information needed about infection control?

Mental Health

- This is a stressful time, what support tools can we access or put in place locally?
- Some whānau are isolated and just need someone to kōrero with and off-load to about their anxieties and stress. Can we ensure regular check-ins to see how our more isolated whānau are doing?
- Is there access to counsellors?
- What about our Tangata Whaiora - what else might be needed to tautoko these whānau?
- Do we have a support person or plan for dealing with loss, dealing with whānau in distress?

Disability

- If we have whānau with a disability in the whare, what does this mean for their care?
- What plans are in place if their caregiver can't make contact? How will they manage?
- What if the caregiver needs to isolate, is there additional support available?

Animals

- Is there enough pet food?
- Can the dogs be walked?

Other

- Is there a plan for the safe disposal of rubbish if a whānau member has Covid-19.
- Is there a list of essential numbers? Is this visible to those in the whare?

Other Social

- Do whānau and/or work places have a plan around how to receive visitors who aren't vaccinated?
- How can we keep our tamariki safe?
- Does the kura/school have a plan in place for those mātua who may not be vaccinated?
- Is there a plan to support those with addictions ?
- Is there a plan to support those who experience family violence while in isolation?
- What else might we need to discuss with Oranga Tamariki if changes are needed to protect our tamariki and rangatahi?
- Is there a clear plan in place for tamariki who need to move between houses due to shared arrangements?
- Section 70 orders may be required for those that don't co-operate with the need to isolate. How can we respectfully communicate/work best with our whānau (who may not respond to authority) to avoid any conflict?
- Contact tracing and case investigation – do we have staff within our health provider networks who could provide tautoko with the whānau during this process if required?

Events Tangi

- Does our marae, whānau, mahi have an updated plan for each Covid level?
- Can we ensure social distancing at the marae?
- Do we have the resources at the marae?
- How will hākari be managed if there is a tangi?
- What will be the arrangements if someone is unvaccinated? How will this be managed?
- How can we best support and manaaki whānau members if they are choosing to not be vaccinated?
- If someone in charge of running a whare/mahi etc and gets sick is there a list of instructions for others?
- How can we support our pou in our community? For example, our Pou tikanga, Minita, Kaikaranga if they are called on regularly?
- Are there others who can carry out those duties?

Public Health Contact Tracing

- Do we have a staff member/contact person who could liaise with whānau and Toi Te Ora if needed?

Reliable Contact Information & Websites

For info around isolation, infection control and health

www.healthnavigator.org.nz

<https://www.healthnavigator.org.nz/health-a-z/c/covid-19/>

Toi Te Ora – for information about Covid in our BOP region

Freephone **0800 221 555**

www.toiteora.govt.nz

Or Facebook

www.facebook.com/toiteora/

BOPDHB Covid Info

www.bopdhb.health.nz/health-and-support/covid-19-bay-of-plenty/

Covid-19

Healthline Freephone **0800 611 116**

Healthline Covid related Freephone **0800 358 5453**

www.covid19.govt.nz

www.uruta.maori.nz

Financial Support

www.workandincome.govt.nz/covid-19/leave-support-scheme/index.html

Small Steps Mental Health- Free Online Resources

<https://www.smallsteps.org.nz>