

# #Protect Our Whakapapa

If you start to feel any flu like symptoms, particularly shortness of breath, sore throat or fever —

call Healthline on  
**0800 358 5453**



## What is COVID-19?

**COVID-19** (Coronavirus disease 2019) is a new virus that can affect your lungs and airways.

**There is currently no vaccine** and people don't have immunity to it.

**It spreads easily** from person to person and can make us more māuiui than an ordinary flu.



## What can I do to keep my Whānau safe?

- **Act like you are already infected:** you can spread it even if not sick.
- **Stay in your Whare.**
- **Keep any manuhiri away.**

**Wash your hands** often, especially before & after preparing kai & eating, blowing your nose, touching pets & of course going to the wharepaku.

**Don't touch your face** if your hands are not clean.

**Sneeze or cough into your elbow** or a tissue & throw the tissue out into a bin.

**Clean and disinfect** surfaces you touch frequently.

**Don't share** kai or inu.

**Don't kihi, hongī and harirū** - instead find alternative non-contact ways to greet others.

**Mā tātau  
katoa e  
ārai atu te  
COVID-19**



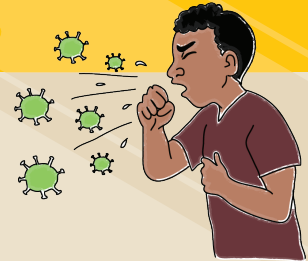
## What are the signs?

- **Fever - feeling hot then cold**
- **A dry cough**
- **Trouble breathing**

**Other signs include** muscle aches and pain, coughing up spit & a sore throat.

**It can take 2-10 days** for you to get sick after being infected but from the time we get infected we are contagious for up to 14 days.

**For some** - the illness will be mild, but for others it may cause them to get very sick. Some people can die from Covid-19.



## How does it spread?

**Person to person:** it is spread through droplets by sneezing, coughing, talking & runny noses. It transfers on to surfaces and can stay on plastic and stainless-steel surfaces for up to 3 days and less for other surfaces.

**Māori are at higher risk:** we have large multigenerational whānau and socialise as a whānau, hapū, iwi.

**We also have higher rates** of respiratory illnesses like COPD (Chronic Obstructive Pulmonary Disease) and asthma.

## Protecting Whānau

**Keeping Whānau safe & informed**

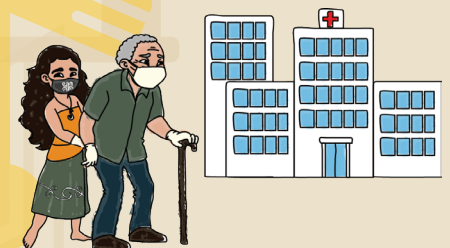


## What to do if you fall sick

**If you have a cough,** fever and especially shortness of breath, **call your doctor or Healthline on 0800 358 5453.**

**Your doctor or Healthline** will assess you over the phone, and then they will tell you what to do next.

**If you are recovering at home:** Isolate yourself in a separate part of the whare.



## What to do in lockdown

**Aotearoa is now in lockdown** for 4 weeks to slow then stop the virus & reduce the pressure on health services.

**For 4 weeks** we all have to stay home unless it's for a walk with the people we are in lockdown with or for an essential service.

**Essential services** such as the supermarkets, dairies, the doctor, hospital & pharmacies are staying open.

**Work & Income** service centres are closed but you can use **MyMSD** or **ring them on 0800 559 009.** Their lines are overloaded so if you can't get through, keep trying. Payments won't be stopped.