



BOPDHB

Coronavirus (COVID-19)



**BAY OF PLENTY
DISTRICT HEALTH BOARD
HAUORA A TOI**

Here's the best way to protect you & your whānau from COVID-19

If you are sick, stay away

- If you are unwell:
 - do not attend any hui, tangi or other gatherings
 - you shouldn't prepare kai or do the dishes at marae, kura, kōhanga reo, or any other venues/events.
- If you have returned from overseas, you must self-isolate for two (2) weeks.

Wash your hands all the time and make sure you cough and sneeze in to a tissue

- Always wash your hands for at least 20 seconds with water & soap & dry them properly after contact with any item or surface:
 - before you eat & handle kai
 - after using the wharepaku
 - after coughing, sneezing, blowing your nose or wiping children's noses.
- after caring for sick people.
- When you cough and sneeze use a tissue, & if you have no tissue, use your elbow.
- Make sure you throw your tissue in to the bin.

- And when you're done whanau, wash your hands again.

Whānau, hapū, iwi, marae & community gatherings

- If you are the organizer: do you really need to have this hui?
- Have the whānau of the hapū, iwi and marae made a decision about your tikanga and how you will keep whānau safe? Its important to plan ahead.
- What are your alternatives to hongī, shaking hands and kissing as a greeting?
- If in doubt or you need advice ring your Māori Health Team at your local DHB.

Information for whanau

- If we need to self-isolate how organized are we?
- Where can I get good information?
- <https://www.toiteora.govt.nz/2019nCoV>

If you are unwell, ring Healthline's free dedicated COVID-19 number

0800 358 5453