

#Protect TE MOANANUI A KIWA



Make a plan

Decide what happens if someone in your vale gets sick

Option 1: Set up a room in your vale where okoya e tauvimate 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 & kitchen

Option 3: Coordinate with your vuvale another vale where okoya e tauvimate can go & isolate

Set some rules

Decide what ivakaro/lawa me muri e vale so everyone is clear

Hold a whānau hui veitalanoa so everyone knows na sala me ra veitokoni kina if someone gets sick. Communicate your expectations with your manuhiri e.g. text or message before they arrive, beep from the gate, wait in the waka (Communicate your expectations with your vulagi....wait in the motoka)

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

Prepare nomu vuvale

Make sure ratou nomu lewe ni vuvale are on board & understand the plan

Put a list up on your fridge na vei tukutuku matailalai baleti ratou na nomu lewe ni nomu vuvale ((names, ages, NHI numbers, medical conditions, addictions) & emergency contacts (GP clinic, after hours, support agencies) - just in case

Talk kei ratou na luvemu about what the plan is if you get sick or go to hospital & how to reach out for help if needed

Nominate someone outside of your vale who can help if your vuvale is isolating, like delivering kakana or supplies

Tuvatuva ni Vuvale Preparing your vuvale kei na monu vale.

Prepare nomu vale

Think about how to set up your vale to minimise the spread

Draw up a map of your vale to help define your zones, e.g. shared spaces, isolation areas, sanitising stations

Make a list of household instructions that are easy to follow if you get sick e.g. 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 rumu ni maroroi iyaya

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

- Kakana high in vitamins i.e. fruit & veges
- Fluids i.e. water, broth, kawakawa tea kei na so tale.
- Baby supplies
- Hygiene products
- Medical supplies
- Cleaning supplies

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

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

Protect ira nomu kawa

Keep to the kaupapa (ituvatuva) & encourage each other to stick to the plan

Stay connected - arrange regular catch-ups with your vuvale, friends & community

Don't be whakamā to reach out if you need help. You are not alone.

Stay strong, stay resolute vakataki ira noda Turaga Bale when faced with challenges

#ProtectOurVuvale

#TaqomakilraNaiTabaqase

#TaqomakilraNaiTubutubu

#TaqomakilraNaLuveda

#TaqomakilraNodaKawa



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Vosa Vakaviti



Ka me caka

Mo kila na ka me caka ke dua e tauvimate e vale

Vakatutu 1: Me dua na rumu e vale me tiko duadua kina o koya e tauvimate

Vakatutu 2: Ke sega ni rawa, me yalani na vanua me lakova me vaka na loma ni vale kei na valenikuro

Vakatutu 3: Dou veivosakitaka ke tiko e dua tale na vale e rawa ni lai tiko duadua kina

Raica me muri

Me matata na ka me muri ena nomu vuvale

Veivosakitaka kei ira na lewenivuvale na sala mera veitokoni kina ke dua e tauvimate

Tukuna rawa qori vei ira na vulagi, rawa ni text se vakaitukutuku ni bera nira yaco mai se nira wawa tiko ena motoka.

Me biu na ivakatakilakila ena nomu bai se matanikatuba, me dua tale ga na teveli me biu kina na wainimate ni sava ni liga kei na QR code / register

Vakarautaka nomu vuvale

Vakadeitaka ni sa matata tiko vei ira kece na lewe ni vuvale na ituvatuva qo

Me kabi ena fridge na lisi ni yaca ni lewe ni vuvale (na yacadra, yabaki ni bula, naba ni NHI, mate e tauvi ira, wainimate) & sala ni veitaratara totolo (GP clinic, after hours, support agencies)- ke gadrevi

Veitalanoa kei ratou na luvemu, me ratou kila tiko na ka me caka ke o tauvimate se curu i valenibula & na sala me ratou kere veivuke kina ke gadrevi

Kerea rawa tiko e dua e sega ni lewe ni nomu vuvale me veivuke ke mani gadrevi mo dou tiko vagalala (isolate), vaka na kau mai ni kakana kei na so tale

Tuvatuva ni Vuvale

Vakarautaka nomu vuvale kei na nomu vale

Vakarautaka nomu vale

Vakasamataka na ka me caka e vale me kua kina ni tete na mate

Droinitaka na mape ni nomu vale me kilai kina na kena levu, me vaka na vanua dou dau tiko kina, vanua lala (isolation), vanua era tiko kina na wainimate (sanitise)

Me dua na lisi ni ka me caka me rawarawa ni muri ke o tauvimate, vaka na nodra vakani na manumanu ni vale, saumi na bili

Ke sega ni levu na rumu ni vale, rawa ni vakayagataki na valelaca qai biu kina na iyaya kece qori

Vakarautaka na rumu ni maroroi iyaya

Raica me levu tu na kakana ke gadrevi mo tiko vagalala (isolate)

- Kakana bulabula me vaka na vuanikau kei na draunikau
- Na ka me gunuvi, me vaka na wai, ti kei na so tale
- Nodra iyaya na gonelalai
- iYaya ni tiko bulabula (Hygiene)
- Wainimate (Medical supplies)
- iYaya ni sasamaki (Cleaning supplies)

Vakarautaka rawa tu na kakana e rawarawa na kena vakatakataki, me vaka na supu kei na stew

Mera yadua na lewenivuvale na kato ni sulu duka qai maroroi vata kei na iyaya lalai (toilet bags)

Taqomaki ira nomu kawa

Dei ena ituvatuva & uqeti ira so tale mera muria

Dau veitaratara wasoma kei na nomu vuvale, itokani kei ira ena nomu yasayasa.

Kua ni madua mo kere veivuke. Levy era na tokoni iko.

Mo dei, yalogaqa me vakataki ira nodra Turaga Bale nira sotava na dredre

#TaqomakilraNaiTabaqase

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