

PROTECT OUR WHAKAPAPA

#1 PREPARING OUR WHĀNAU FOR SELF ISOLATION

If you start to feel symptoms including shortness of breath, sore throat and/or fever – call Healthline on 0800 358 5453

SHOPPING SUPPLIES

TRY, WHERE POSSIBLE, TO CONSUME KAI THAT BOOSTS YOUR IMMUNE SYSTEM

- ☑ Produce - Citrus, capsicums, garlic, ginger, berries, dark leafy greens
- ☑ Staples - Brown sugar, flours, brown rice, oil/butter, powdered milk
- ☑ Canned - Beans, tuna, tomatoes, fruit
- ☑ Dried - Pasta, rolled oats, cereals, noodles
- ☑ High energy - Peanut butter, nuts & seeds, crackers, energy bars
- ☑ Babies - Nappies, wipes, rash cream, milk powder
- ☑ Hygiene - Toilet paper, soap, toothpaste, feminine products
- ☑ Cleaning - Bleach, vinegar, detergent, rubbish bags
- ☑ First Aid - Plaster, bandages, gloves, dettol & antiseptic creams

MEDICAL SUPPLIES

MAKE SURE YOU HAVE ENOUGH SUPPLIES FOR 14 DAYS

- ☑ Prescription medications
- ☑ Non-prescription medications such as panadol & paracetamol
- ☑ Glasses and contact lense solution
- ☑ Medication for your pets

ENTERTAINMENT

ACTIVITIES & RESOURCES TO KEEP OUR BABIES ENTERTAINED

- ☑ Paper, pencils, art supplies, books, games, puzzles, cards
- ☑ Pine cones, harakeke, driftwood, shells for art pieces
- ☑ Seedlings & containers to prepare maara kai



OTHER KEY ESSENTIALS

COLLECT & STORE THESE ITEMS IN A COOL, DRY SPOT IN YOUR WHARE

- ☑ Food grade water containers
- ☑ Duct tape
- ☑ Scissors
- ☑ Matches in a waterproof container
- ☑ Flashlight
- ☑ Candles
- ☑ Extra batteries
- ☑ Gas bottle if you have a gas stove or BBQ

MEDICAL DETAILS

START COMPILING DETAILS OF WHĀNAU MEMBERS

- ☑ Name, age, date of birth
- ☑ Any medical conditions - current or old
- ☑ Medicines
- ☑ Allergies and/or dietary requirements

EMERGENCY CONTACTS

PUT THIS UP ON THE WALL/FRIDGE WHERE EVERYONE CAN SEE IT

- ☑ Whānau and neighbours
- ☑ Whānau GP or clinic
- ☑ Local Hospital
- ☑ Healthline on 0800 358 5453

ALTERNATIVELY, TRY THE NANNIES TIPS & RECIPES

Kai - Consider set meals rather than buffet style menus. Get creative with your soup / stew recipes.

Hand sanitizer - 1/2c Aloe Vera Gel, 1/2c Rubbing alcohol, 12 drops of essential oils or lemon juice. (Comandeer your cuddies Iso if need be)

Hand wash - Grate a bar of soap into 4 cups boiling water, mix well, let it cool, pour into pump bottle

Face Mask - Use a brand new pair of undies if necessary

Antiseptic - Add a tsp. of salt to 1c of warm water. Dissolve well. Add 1 tsp vinegar. (This is an instant solution. Not suitable for long term use)

Plasters - Use fresh cobwebs less the spiders

General sanitiser - 4 tsp. bleach to 1 ltr of water

Gloves - turn bread bags inside out & cover your hands

Immune system - Simmer 10 cloves of garlic in 2c water. Add juice of 1 lemon & honey or brown sugar to taste