



National  
Hauora Coalition



## COVID-19 Alert Level 3.2 update for whaanau.

ManaKidz is open and we're here to help your tamariki and whaanau. Our teams will work with your schools to ensure we fit with *return-to-school planning* and are happy to answer any queries. Primary and intermediate schools, years 1-8 can return on Wednesday 17<sup>th</sup> of November on a part time basis.

Each ManaKidz team attached to your school will continue to provide a model of service that best meets the school, tamariki and whaanau needs. This may include a combination of onsite, phone, and home visits working under strict guidelines set by the Ministry of Health.

Clinical teams have appropriate Personal Protective Equipment (PPE) gear to ensure a safe service. Your clinical team will provide you with details of how they will work with your school and a phone number for any queries included for those who are schooling from home.

Please note that we will be offering remote services and will be following safe physical distancing protocols. Your ManaKidz team will no longer be doing sore throat swabs and instead be moving back to treating empirically with antibiotics.

Please stay safe at this uncertain time. If whaanau are concerned or have a fever, we advise caregivers to keep the child at home.

Alternatively contact the dedicated **Healthline number 0800 358 5453**  **Healthline**

If you have any questions about the ManaKidz programme please contact your clinical team in the first instance, or us at **Mana Kidz Hub: 0800 MK TEAM**

We will send out regular newsletters to keep you updated of any changes to the ManaKidz programme. For NZ wide updates and information please see <https://covid19.govt.nz/>

# PROTECT YOURSELF AND OTHERS FROM COVID-19

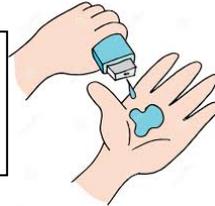


Cover coughs and sneezes

Don't forget to clean and disinfect frequently touched surfaces and objects, like doorknobs

Remind children to clean their hands before eating and after doing tasks

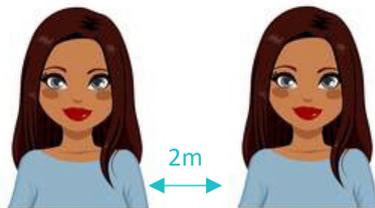
Clean your hands (for 20 seconds!) with soap and hot water or hand sanitiser



Stay home if you are unwell or have a fever or have been in close contact with someone being tested for COVID-19 or who has flu-like symptoms

Anyone with a high temp, cough, runny nose or trouble breathing should stay at home

Keep children at home if they are unwell with flu-like symptoms or have a fever



Continue physically distancing when possible (sitting further apart = less chance of breathing in droplets of someone sneezing and/or coughing)

It's best not to shake hands, kiss hello or hongi for now



Anyone feeling unwell should ring Healthline on the dedicated COVID-19 number: **0800 358 5453** or ring their GP and they'll be advised what to do.



It is normal to feel stressed or anxious in these situations. For support you can call or text **1737** to talk with a trained counsellor for free, 24 hours a day, 7 days a week