



ManaKidz

National
Hauora Coalition



COVID-19 Level 3 update for whānau

Kia ora, Tālofa lava, Kia orana, Mālō e lelei, Fakaalofa lahi atu, Bula vinaka, Namaste, Mālō ni,

Given the announcements from the Government last night and the imminent closure of schools we wanted to touch base.

This is just a short message to let you know that **Mana Kidz will look different in Level 3**. While schools are open, even with partial attendance during COVID-19 Alert Level 3, we will still be providing a service to our tamariki and whānau.

Each clinical team will be delivering a combination of onsite, phone, and home visits working under the strict guidelines of the Ministry of Health. Clinical teams will have appropriate Personal Protective Equipment (PPE) to ensure provision of a safe service. Your clinical team will provide their details to the school and a phone number if you have any questions about children schooling from home or for your whānau.

Please note that we will be offering remote services and will be following safe physical distancing protocols. Your school health team will no longer be doing sore throat swabs, and will instead be moving back to treating empirically with antibiotics. Please ensure your child takes the full 10 days of antibiotics if supplied.

If you are concerned for a child who is unwell or has a fever, please try to keep the child at home and get some health advice from either your health team, GP or Healthline.

Contact the dedicated **Healthline number 0800 358 5453** 

If you have any questions about the Mana Kids programme please contact your clinical team in the first instance, or us at **Mana Kidz Hub 0800 100 642 (extension 3) or call 027 567 5241**

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

Please stay safe at this uncertain time.

PROTECT YOURSELF AND OTHERS FROM COVID-19

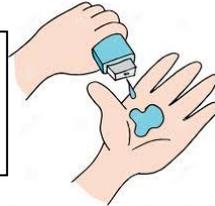


Cover coughs and sneezes

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

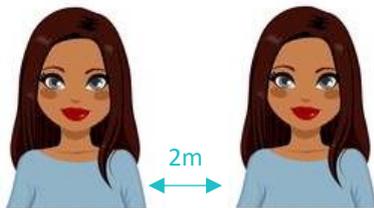
Clean your hands (for 20 seconds!) with soap and hot water or hand sanitiser



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