

mana-aki matakaoa



ISOLATION GUIDE



Mana-aki Matakāoa is jointly administered by Te Aroha Kanarahi Trust and Te Araroa and Districts Progressive Association Incorporated.

KIA ORA!

This guide has information you need to quarantine at home while keeping you and the people you love safe.

Testing positive for COVID-19 can be worrying, and it's normal to feel unsure about what this means for you, your whānau and the people you live with.



Everyone who tests positive for COVID-19 needs to isolate to help stop the virus spreading. It's entirely normal to have a range of emotions as you begin home isolation and quarantine, and we're here to support you at every stage of your journey. Our team of health professionals and kaimanaaki will be in contact regularly and support is available 24/7.

Thank you for protecting yourself, your whānau and our community.

In an emergency, CALL 111:

If you or a family member becomes very unwell or has difficulty breathing, immediately call an ambulance on 111. There is no cost for the ambulance.

If you start to feel worse, or have questions

Call or text your kaimanaaki, or your hapū leads

KAIMANAAKI

Your kaimanaaki is here to support you through your recovery journey. You can text/call them at any point to request support. We have a wide range of services available including:

- Welfare support for income
- Counselling for isolation stress
- Shopping/delivery
- Medicine delivery
- Water tank refill
- Animal care
- Household waste pickup
- Virtual childcare
- Tikanga services (karakia, wānanga etc)
- General advice on covid/isolation

It's important you set out a plan with your kaimanaaki on day 1 for when they will deliver goods to you, where is your agreed delivery point, and how to keep each other safe. Some general guidelines are:

- Your kaimanaaki will call/text ahead before they arrive at your house
- Stay inside while deliveries are taking place to make sure you don't accidentally cross paths
- Ensure children are inside and dogs contained before kaimanaaki enters the property
- Wait for the kaimanaaki to leave the property before walking out to get your delivery from the agreed delivery spot.

Our kaimanaaki generally wait at the gate or within eyesight to make sure that you come out to get your parcel, to make sure you are ok.

MY KAIMANAAKI IS: _____

CELL NUMBER: _____

OUR AGREED DELIVERY DAYS ARE: _____

OUR AGREED DELIVERY POINT IS: _____

SETTLING IN

YOUR CARE PACK

Once you test positive, your kaimanaaki will deliver a care pack and a kai pack, to help you get settled in.

Your care pack may include:

- Your whānau isolation plan
- Some signage for your property so people know you are isolating
- Some masks, an oxygen monitor called a pulse oximeter, and thermometer
- Cleaning wipes to clean your loan equipment when you are ready to return it, along with a ziplock bag to return it in



HOW TO ISOLATE?

Isolating properly is really important in order to stop the virus spreading faster than the health system can cope. If it spreads too fast, people won't be able to access health or support services. Here are the basic rules around isolation, but if you have any questions, don't hesitate to call your kaimanaaki, or hapū lead

- You and everyone in your home should not leave the house for any reason, unless advised to do so by the health team, or in an emergency when you have called 111.
- You and everyone in your home should not go to work, school, the supermarket or to visit whānau/friends.
- Stay two metres away from other people in your home, and wear a mask if you have to go into the same room as someone who doesn't have COVID-19. Try not to share a bed or bedroom with someone who doesn't have COVID-19 if you can.
- As much as possible, reduce the amount of time you spend in shared spaces of your home like the bathroom and kitchen. Keep these spaces well ventilated by opening windows and doors.
- You can go outside, but you must stay on your property and not speak to your neighbours.
- It's really important that you answer any calls you get during this time.

SHARED SPACES

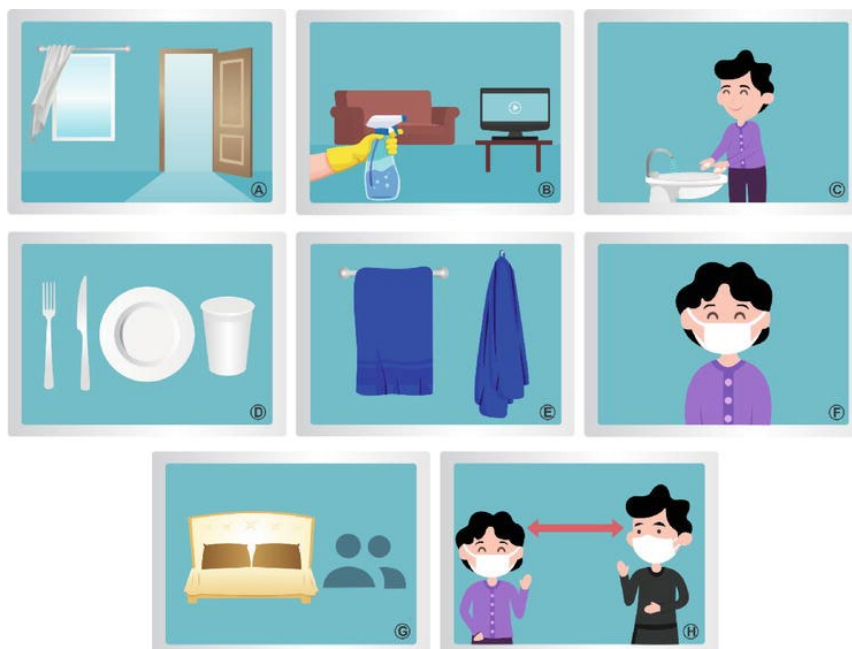
Most covid transmission happens inside the home, and while Omicron is very infectious and difficult to avoid passing on inside the home, there are things you can do to try and avoid transferring it.

Keep covid positive whanau separate to others

The best way to avoid transmission is to not be “sharing air” between covid positive and covid negative whanau. If it's at all possible, it's best for your covid positive person to be in their own space in the house.

Choose one person to deliver packages and food to the covid positive person

Agree on a person to cook kai for your patient and deliver it to the door of the patient's room. It can help to text them and let them know you are going to bring them some kai or a parcel, so they stay in the room, and then leave it in front their door. Ideally, the person doing the deliveries should be the healthiest person in the household.



TIPS FOR REDUCING HOUSEHOLD TRANSMISSION RISK

- A. Bring in lots of fresh air
- B. Sanitise common touch points (remote control, handles, lightswitches etc) daily
- C. Wash your hands often
- D. Don't share cutlery or plates
- E. Don't share towels etc
- F. Wear your mask indoors
- G. Sleep separately
- H. Distance

VENTILATE VENTILATE VENTILATE

Try to keep fresh air coming through the house. The patient's room in particular should have a window open to allow fresh air in. If you have fans, it helps to point them out towards the window, to aid in removing infected air from rooms and encouraging clean air in. This may mean insect repellent and warm clothes for the evenings. Keep the bedroom door closed, and place a draft stopper (a rolled up towel does the trick) at the base of the door to stop air going through into the rest of the house.



Bathroom solutions

A lot of transmission happens in the bathroom, as this is the most shared space in the household. If you are unable to arrange a separate bathroom solution for the patient, then it's best to use a separate bathroom for the patient than the healthy household members. If you are sharing one bathroom, then the patient should wipe down all surfaces and ventilate the bathroom after use. Always close the toilet lid before flushing to avoid water droplets spreading through the air. Healthy household members should wait for as long as possible after the patient has used it before using it, and then wipe surfaces down before using it themselves.

SIQ OR HOME ISOLATION?

For some households, it works better for some of the sick household members to recover somewhere else other than in the house with the healthy household members. There are supported isolation and quarantine (SIQ) options in Wharekahika and Gisborne. Please let your kaimanaaki know if you would like to discuss this option further.



FINISHING ISOLATION

- You need to quarantine for a minimum of 7 days if you test negative and have had no symptoms for more than 24 hours. If you live with someone who has health conditions, you should be symptom free for 36 hours.
- The health team will make the final decision about when you can leave home quarantine. They will let you know about this decision near the end of your time in quarantine.
- Once you have completed isolation, your kaimanaaki will retrieve your pulse oximeter and any other isolation loan items. The pulse oximeter should be wiped down with an antiseptic wipe and placed in the ziplock bag. It's very important these are returned so others in our community can be supported to safely isolate.
- The people you live with need to stay at home for the same period of time as you. They will have a test on day three and day 7
- Please refrain from visiting high-risk places (hospitals, resthomes, early childhood centers) until you are more than 10 days from when you started isolation.
- It's recommended to take it easy for 2 weeks after you have finished isolation, in order to avoid long covid.

YOUR RECOVERY JOURNEY



DAY 0

When you've tested positive for COVID-19, it's time to quarantine at home. This means that nobody in your house should leave, or have visitors.

You can only leave for urgent medical attention when you've called 111, or as directed by the health team.

Stay 2 metres away from other people in your home and wear a mask when around others.

Your kaimanaaki will be around to drop off your care pack. In your care pack you will have a pulse oximeter and thermometer. You will need to check your oxygen levels and temperature 3 times a day, and send your results through to your kaimanaaki.

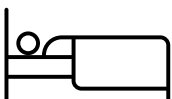
You will have an initial health assessment to determine the best isolation options for you, and you and your kaimanaaki will complete your whānau plan. If you have already completed one, then you will review it to see if it needs updating.



DAYS 3-6

Any household members that have not yet tested positive will be tested again on day three.

Days 4-6 are usually the most difficult, you may have a loss of energy and want to stay in bed these days. It's important to stay hydrated and to keep changing position. Set a timer on your phone for every 2 hours to shift position in bed and take a drink of water or a low-sugar electrolyte drink.



DAY 7

Your kaimanaaki will come to do one final test with you. If you are non-symptomatic and have returned a negative test, you will be able to complete your isolation period. You will need to sanitise your oximeter and any other isolation loan items, and return them to your kaimanaaki. It's recommended that you take it easy for a further 2 weeks, and avoid high risk areas like hospitals, early childhood centers and aged care homes.



TAKING YOUR READINGS

While you are isolating, you will have regular checks, to make sure that you are safe and supported. If you don't have a phone, one will be given to you to use. It's really important that you answer any calls you receive during this time.

You will take some measurements of your health every day. This includes your oxygen levels and heartrate (using a pulse oximeter) and your temperature (using a digital thermometer)



STEP 1: GET READY

Ensure your hands are clean and warm and free from nail polish before you start. Sit down somewhere comfortable and relax for 5 minutes.



STEP 2: PUT THE OXIMETER ON YOUR FINGER

Squeeze the bottom of the pulse oximeter like a peg so the top opens enough to allow your finger to fit inside. Put your index or middle finger into the pulse oximeter as far as it will go. The pulse oximeter will turn on when your finger is inside.



STEP 3: KEEP STILL FOR 1 MINUTE

Lay your hand down on a flat surface (your fingernails will be pointing away from you at this step) Keep your hand relaxed and still for 1 minute.



STEP 4: READ YOUR RESULTS

It is important to read your pulse oximeter the correct way. To do this you will need to turn your hand with the pulse oximeter on it so that your fingernails are pointing toward you. This will let you read and record your numbers correctly. Your blood oxygen level is the top number, displayed under the heading "%SpO2". Your heart rate/pulse is the bottom number, just above the white heart picture.



STEP 5: RECORD YOUR RESULTS

You will need to check your readings 3 times a day (breakfast, lunch and dinner are good times). You can write the readings down on the following pages, along with notes for your symptoms. Your kaimanaaki will contact you to get your readings. Below is an example of how to fill out your chart

M = MORNING N = NOON E = EVENING	DAY 0			DAY 1			DAY 2			DAY 3			DAY 4		
	M	N	E	M	N	E	M	N	E	M	N	E	M	N	E
Oxygen	96	95	99	98	97	99	99	96	95	94	96	97	97	96	97
Heartrate	73.4	78	88	80	76	75	74	72	69	79	80	85	83	81	76
Temperature	36.5	37	36.8	36.8	37.5	38	37	37.2	37.1	38.2	38	37.9	37.3	37	37
Cough	5	5	5	5	5	W	W	5	5	B	B	5	5	5	5

Oxygen, Heartrate and Temperature: write down numbers. All other symptoms: **N/A** (none) **B** (better) **S** (same) or **W** (worse)

M = MORNING N = NOON E = EVENING	DAY 0			DAY 1			DAY 2			DAY 3			DAY 4			DAY 5			DAY 5			DAY 7				
	M	N	E	M	N	E	M	N	E	M	N	E	M	N	E	M	N	E	M	N	E	M	N	E	M	N
Oxygen																										
Heartrate																										
Temperature																										
Cough																										
Sneezing/runny nose																										
Fever																										
Loss of smell or taste																										
Sore throat																										
Shortness of breath																										
Diarrhoea																										
Chest pain																										
Abdominal pain																										
Joint pain																										
Confusion/irritability																										
Headache																										
Muscle pain/body aches																										
Nausea																										
Vomiting																										
General discomfort																										

Levels for Adults and Children

Oxygen levels and heart rates for adults



Oxygen saturation SpO2%	Pulse rate (bpm or PRbpm)	Action
95–100	50–99	✓ Acceptable
92–94	100 –119	Seek advice from your COVID-19 healthcare team
Below 92	120 or more	Call 111 for urgent medical care

Oxygen levels and heart rates for children

	Green	Amber	Red
Colour of skin/ tongue/lips	Normal	Pallid reported by caregiver	Ashen/mottled/blue/pale
Activity	<ul style="list-style-type: none"> • Responds normally to cues • Content/smiles • Stays awake or awakens quickly 	<ul style="list-style-type: none"> • Not responding normally • No smile • Only awakens with continued stimulation • Decreased activity 	<ul style="list-style-type: none"> • No response to cues • Does not wake or if awakened, does not stay awake • High pitched, continuous cry
Respiratory (RR = breathing rate)		<ul style="list-style-type: none"> • Nasal flaring • 6-12mths RR > 50 breaths/min • >12mths RR > 40 breaths/min • O2 < 92% • Crackles in chest 	<ul style="list-style-type: none"> • Grunting • RR > 60 breaths/min • Moderate or severe chest indrawing
Circulation/ hydration	<ul style="list-style-type: none"> • Normal skin and eyes • Moist mucus membranes 	<ul style="list-style-type: none"> • <1 yr: >160bpm • 1-2 yrs: >150bpm • 2-5 yrs: >130bpm • Dry mucous membranes • Poor feeding in infants • Reduced urine 	Reduced skin elasticity (ie. when you pinch the skin it doesn't immediately spring back to being flat)
Other	None of the red or amber signs	3-6mths: temp ≥39C Swollen limbs or joints	<3mths: temp ≥ 38C Rash that doesn't go away when you press on it Stiff neck

Whānau

Isolating together can be stressful for all members of the whānau. It's common to have lots of difficult emotions to deal with, in an enclosed space. Some may be feeling like a burden, children will likely get bored, and others may feel a bit of "cabin fever", some may be stressed about income or bills and when you add an illness into it, it can all get a bit stressful! It's important to look after your wellbeing as a whānau, as well as your individual wellbeing.



Here are some tips for looking after your hauora whānau while isolating:

1. Create a “Covid Rāhui” each day

It's easy to become consumed with thinking and talking about covid, or covid related matters. Try to create some time each day (maybe at the breakfast table) where nobody is allowed to talk about covid for an hour, to give your brain a break from thinking about it.

2. Take some time out

If there are multiple adults in the house, try giving each one some “time out” time during each day where they can retreat, undisturbed, somewhere to be by themselves. If there are young children then task one of the adults to take care of the children so the other can have time out. Make sure each adult gets to do this. If you are a solo adult in the house with multiple children, talk with your kaimanaaki about virtual childcare options.

3. Reach out to whānau

Sometimes having a fresh, but familiar face to talk to can help. Call a favourite cousin, sibling, or someone else in the whānau to talk through how you're coping, or to just hang out and catch up.

4. Arrange for counselling

Your kaimanaaki is linked into an excellent network of counsellors at a local and regional level, who can zoom in to chat with members of the household about what they are going through.

5. Arrange for alternative accommodation

If you feel like it is no longer safe to isolate together, your kaimanaaki can support you to find alternative isolation options, please don't hesitate to reach out, we are here to help.

TAMARIKI



Taking care of your children is your first priority, so if you are the sole or main caregiver you don't need to quarantine away from them in your home.

Make sure your children drink plenty of fluids and are rested. Offer normal foods and manage fever or pain with paracetamol at the correct dosage for your child's weight. If your children aren't drinking normally or seem more tired than usual seek help immediately.

If you are concerned about caring for children and older people in your whānau, get in touch with your kaimanaaki or hapū lead, we can provide advice and additional support.

EDUCATION

If you are isolating at home with your children, your kaimanaaki can arrange to pick up schoolwork and resources for them from the relevant kura, and deliver these to your home. If they are bored, we can also arrange for someone to zoom in and do some storytelling, play online zoom games with them, or deliver some art/colouring in resources for them to play with. Text your local kaimanaaki to let them know.



CHILDCARE

If you feel like things are getting hectic at home from isolating with your tamariki, and you are feeling stressed, talk with your kaimanaaki about a stress relief plan. This might include someone calling in (via zoom) to watch an online movie with them all while you have a breather, or (as above) playing some online games with them while you step out for some quiet time. Let your kaimanaaki know you would like this support and we can arrange it.



WORK, INCOME, BILLS

If you can't work from home during this time, your employer (or you, if you are self-employed) may be able to apply for additional support. Likewise, if you are worried about making ends meet and paying your bills, let your kaimanaaki know, they may be able to advocate for some solutions for you.

IF YOU NEED HELP

Your kaimanaaki and hapū leads are here to help. If you cannot reach them, here are some more numbers that might help.

- Youthline: Call 0800 376 633, free text 234.
- What's Up?: Call 0800 942 8787 — a safe place for children and young people to talk.
- Lifeline: 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP).
- Suicide Crisis Helpline: 0508 828 865 (0508 TAUTOKO).
- Depression and Anxiety Helpline: 0800 111 757 or free text 4202 to talk to a trained counsellor about how you are feeling or to ask any questions.
- For Pacific communities, there is targeted mental health support available by calling 0800 Ola Lelei – 0800 652 535.

IF YOU OR SOMEONE IN YOUR HOUSEHOLD IS NOT SAFE

- Women's Refuge: Call 0800 733 843 (0800 REFUGE) for 24-hour service advocacy and accommodation for women and their children experiencing family violence.
- Shine Domestic Abuse Services: Free call 0508 744 633 (9am to 11pm) if you are experiencing domestic abuse, or want to know how to help someone else.
- Call Oranga Tamariki on 0508 326 459 if a child or young person is unsafe, not being cared for, or separated from their parents or caregivers.

NOTES: