

## Whānau Q&A

### **Do you advise that one member take the lead or a collaborative approach to whānau planning?**

It helps to have one member be the household lead that can provide the relevant information. That person then becomes the lead contact for that household once isolating, makes everything much easier

- Tina Ngata, Researcher, and Indigenous Rights Advocate

### **Advise for whānau who have asthma in the whare? how do you manage those members who may need more medical attention?**

Tēnā koe mō tēnei pātai. I think it is important to ensure that whānau who have asthma in the whare have their medical conditions as stable as possible. That might mean checking in with their GP and talking about their asthma and if they need their inhalers reviewed. Regarding a whānau member who is positive with COVID and is an asthmatic, it is important to ensure that whānau have an asthma action plan to manage an acute illness. If you are ever concerned about your whānau member who has asthma and has COVID, please seek urgent medical advice.

- Dr Jason Tuho, GP, Papakura Marae Clinic

### **What if you keep testing positive for weeks but show no symptoms?**

We don't suggest you keep testing outside of the recommended periods if you don't have symptoms. PCR tests can stay positive for many weeks after you have recovered but you are no longer infectious

- Dr Anthony Jordan, Immunology and Allergy, ADHB

### **Where can I get information on care of pepe as some experience diarrhoea / dehydration as part of COVID?**

<https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/vomiting>

- Dr Anthony Jordan, Immunology and Allergy, ADHB

**Will a copy of this webinar be made available and how can we access this please?**

Yes we will make the webinar available afterwards - also the resources outlined in the talks will also be put up on our websites

- Dr Anthony Jordan, Immunology and Allergy, ADHB

**Kia Ora, are we able to get a copy of this isolation info pack??**

Yes

- Tina Ngata, Researcher and Indigenous Rights Advocate

**Ae tautoko ahau I tō kōrero Billie-Jean. I went to a RAT collection point today and had my order number on me as I had completed this online - and the whānau there just said "It's algud" we don't need that but how many tests do you need? and if you need more to come back and get some more - no questions asked. Ka rawe!!**

Ka pai - thank you for doing the ders and getting the order number - fantastic - making sure the system works for us

- Professor Papaarangi Reid , The University of Auckland

**The Maori health providers can provide RATs to whanau, at no cost. so Maori whanau should link in with the Maori providers.**

Ae Tika! Tautoko

- Dr Maia Melbourne-Wilcox, GP, University of Otago

**Unfortunately, MSD are overwhelmed with calls for assistance and our Māori Community Locality Hubs are once again stepping up to take over this role in Hawkes Bay. In HB RATs are available free and are being sent out as we speak to whānau and marae. Please contact Taiwhenua in Napier and Heretaunga.**

Our providers and Māori / IWI organisations have been leading the way the whole way though this pandemic. AND ae RAT provision and supporting our whānau ahead of time and when they find themselves having to isolate

- Dr Maia Melbourne-Wilcox, GP, University of Otago

E mihi ana mō ēnei whakaaro. Thank you for sharing this kōrero as our whānau often need multiple avenues to navigate this current outbreak. Thank you for also providing a regional whakaaro around RAT availability. E mihi ana

- Dr Jason Tuhoe, GP, Papakura Marae Clinic

**Some of the social service providers have free RATs available.**

- tautoko - thank you for your comment (paparangi reid)

**Kia ora Jade, what is the pathway to seeking assistance from the iwi to the people and how do we access their support as connection to iwi. what support is there for non tainui iwi,do we have to get support from our own iwi?**

- Answered live

**Can you describe what it feels like?**

- Answered live by jade (different for everyone)