



WHĀNAU PLAN CHECKLIST: PREPARE FOR WHAT YOU MIGHT NEED IF YOU HAVE TO ISOLATE

Make a list of everyone living in your household and include:

- full name
- age
- date of birth
- phone number
- medical conditions
- medicines
- allergies
- their NHI number

COVID related emergency contact list

- COVID – 19 Healthline 0800 358 5453 (24 hours/7 days)
- COVID related support for food and/or other supplies for when isolating 0800 512 337
- Covid related financial support for when isolating 0800 512 337
- Government COVID -19) helpline 0800 779 997/0800 22 66 57
- identify a person not living with you who will be able and willing to run essential errands if you need to isolate

Make an emergency contact list

- doctor
- dentist
- usual pharmacy/chemist
- ambulance emergency 111 (free for COVID related reviews and transfer to hospital)
- Healthline 0800 611 116
- police
- other important numbers

Communication

- check that communication devices can be charged and accessible
- charge up any 'power banks' and keep aside
- stock up on batteries

Shopping lists to prepare for isolating
Personal hygiene

- soap
- tissues
- sanitary products
- baby supplies- nappies ointments if needed
- toilet paper
- shampoo

Food

- **dried** – past, rolled oats, cereals, noodles, beans, powder milk
- **staples** – sugar, flour, rice, butter
- **canned** – baked beans, spaghetti, fruit, vegetables
- **high energy food** – peanut butter, nuts and seeds, crackers, energy bars
- **food whanau like when sick** - soup, crackers, lemonade and other drinks, ice blocks (to stay hydrated)
- **Food for pepi** – keep breast feeding or formula

Health Pack

- supply of prescription medicines (try and stay at least one month ahead)
- Panadol or paracetamol (adult and child)
- masks – surgical
- specific medical supplies
- drinks that tamariki like and ice blocks (to keep tamariki well hydrated)

Cleaning supplies

- rubbish bags
 - laundry powder
 - dish washing powder
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