

# #Protect TE MOANANUI A KIWA



## Make a plan

**Decide what happens if someone e tauale i to kainga**

**Option 1:** Set up a room in your whale where tino tauale members can isolate themselves away from others

**Option 2:** If it's not possible to set up a room, create separate zones so they're away from shared spaces such as the living room & kitchen

**Option 3:** Coordinate with your kainga another whale where te tino tauale can go & isolate

## Whaka-tonutonunga

**Decide what the whakatonunga is for your kainga so everyone is clear**

Hold a talanoanga whaka-kainga so everyone knows how to taukikila each other if someone gets sick

Communicate your expectations with your guests and/or visitors e.g. text or message before they arrive, beep from the gate, wait in your car

Put up signs on your fence & front door, set up a table outside the front door with sanitiser & a QR code / register

## Prepare your kainga

**Make sure all the kainga are on board & understand the plan**

Put a list up on your fridge of kainga details (names, ages, NHI numbers, medical conditions, addictions) & emergency contacts (GP clinic, after hours, support agencies) - just in case

Talk with your whanau tamaiti about what the plan is if you get sick or go to hospital & how to reach out for help if needed

Nominate someone outside of your whale who can help if your kainga is isolating, like delivering meakai or supplies

## Family Plan

### Preparing your kainga & your whale

## Prepare your whale

**Think about how to set up your whale to minimise the spread**

Draw up a map of your whale to help define your zones, e.g. shared spaces, isolation areas, sanitising stations

Make a list of household instructions that are easy to follow if you get sick e.g. feeding pets, paying bills

If you don't have enough room inside your whale, consider using a tent to make a comfortable space with all the necessary supplies

## Prepare your kapoti

**Make sure your kapoti has plenty of meakai in case you need to isolate**

- Meakai high in vitamins i.e. fruit & veges
- Fluids i.e. water, broth, kawakawa tea
- Baby supplies
- Hygiene products
- Medical supplies
- Cleaning supplies

Organise meakai ahead of time that's easy to heat when needed e.g. soups, stew

Make up individual laundry & toilet bags for each person & store separately with your personal belongings

## Protect your tupulanga

**Keep to the kaupapa & encourage each other to stick to the plan**

Stay connected - arrange regular catch-ups with your kainga, friends & community

Don't be matamumuli to reach out if you need help. You are not alone.

Like our tupuna o Te Moananui o Kiva - stay strong, stay resolute

**#Protect Our matua-matutua**

**#Protect Our matua**

**#Protect Our Tamaitii**

**#ProtectOurTupulanga**





# #Protect TE MOANANUI A KIWA

Gagana Tokelau



## Whai he tonu

**E vehea kawhai e tauale he tino i loto o te kainga**

1. Hauni he potu ke noho kehe atu ai he tino ka tauale.
2. Ka heai, hauni atu he pito-kehe ote whale, kae maihe ai na potu mālolo ma umukuka.
3. Whakatonu lelei mate kainga katoa he mea ke nohotonu kehe atu ai kiei.

## Whaka-tonutonunga

**Whakatonunga ke manino lelei te kainga.**

Talanoa whaka-kainga pe vehea he tulanga ka pā atu kiei ka tauale he tino.

Tuku tala atu ki tangata ke longo atu kako heki pa atu kito whale, pe whakatali mai hoki ite tavale peko whawho oto whale.

Tuku atu hoki he whakamatalanga i mua o te whale namea whakamamā lima pehe whakailonga lehitala

## Tapenanga o tō kainga

**Ke whaka-mautinoa e malamalama ia tangata o te kainga katoa.**

Hauni he lihi ona ingoa, numela, whaka-lapotopotonga taua uma ihe taimi whaka-whuaheki

Whaka-matala whakalelei, kae maihe ki whanau tamaiti, pehēa te tonu e whai ka oko kihe taimi kua tauale ma hikitia kite whalemai. Pe ko whea hoki te hokotaki atu kiei mohe whehoahoananga Whaka-tonu he tino kehe atu i whawho otō kainga ke whehoahoani veia ki mea manakomia ma meakai.

## Whakatonunga Whaka-kainga Hauniuninga to kainga ma tō whale

### Tapenanga o to Whale

**Mawhauwhau kina itu e taowhiowhi ai te pēhia ote whamai**

Tuhia hoki he ata ke whaka-matala manino lelei ia konga kehekehe ote whale.

Tuhia hoki ni whaka-matalanga whaingowhie pe heā ma vehea te whai ka tauale koe; veia kote totongi pili, whangainga o manu tauhi.

Ka he lava he potu avanoa i loto ote whale, kite atu ki whawho lava ite lotoā pe he tamā whale mamea e tatau ai.

### Tapenanga o meakai teu

**Tapena lelei ke lava ia meakai i loto ote kapoti mo taimi whakawhuaheki**

- Meakai na whua o lakau.
- Mea inu, vai ma ietahi mea inu tatau.
- Mea tatau mo na pepe.
- Mea tapena lelei
- Mea ote hoiwhua māloloina

Hauni mamao atu na meakai veia peko na hupo ma meakai whakavevela ngowhie

Hauni na mea tautotino takitahi mo tangata kehekehe vēna hoki mate mea e teu ai

### Puipui te Tupulanga

**Taupau ma whakamakeke atu ia tangata uma ke tauhi ki whaka-tonunga kua whakatatia.**

Taulongolongo whakatahi uma ki kainga, uō ma tuakoi kae venā ai hoki te komiuniti lautele

Koe nahe matamumuli ke kite atu he whehoahoananga e hakili. Veia ko tatou tupuna, o Te Moana O Kiva, tatou tūtū whakatahi ma puipuia o tatou mātua, mātua-mātutua kae maihe te Tiniwhu ma Tupulanga.

**#PuipuiNaMatua-matutua**

**#PuipuiNaMatua**

**#PuipuiNaTamaiti**

**#PuipuiNaTupulanga**

