

# Friday korero from Te Āwhina Marae 3<sup>rd</sup> April, 2020



Kia Ora Koutou Te Whanau o Te Āwhina Marae

Ka nui te mihi ki a koutou

So, we have completed week 1 of lockdown. I hope you have all found plenty to do & those with Tamariki at home have found lots of games to play, books to read & accessed the many websites for activity ideas. Seems baking is really taking off in many households. We are lucky that we have the technology that enables us to keep in contact with whanau and friends with relative ease – please use it. Call/text/Facetime/Skype someone you haven't spoken to for a long time. Perhaps develop a whanau telephone tree to keep everyone connected. And remember, you can go outside for exercise as long as you stay in your neighbourhood.

Our staff and kaumatua at the Marae are all well. Great to see the iwi trusts and other entities out there providing support for their members.

Our Whanau Ora services have been designated an Essential Service so don't hesitate to contact

Sean        021 528 644,  
Pikiora     022 539 3566  
Lesleigh    022 639 3565  
or myself   027 408 4307

if you need any support in any way – or maybe just to have a chat.

Those of you in the over 70s group or have health issues should be isolating yourself physically because you are more vulnerable. As we age our immune system weakens, even if you feel well. Alcohol also lowers your immune system so please moderate your intake of that (if any). Please do not let anyone into your home who is not in your bubble (as at midnight 25<sup>th</sup> March), don't go to the supermarket or visiting whanau, only go out if it absolutely essential. Get someone in your whanau to buy your groceries. If someone comes to your home eg to deliver something, keep to the 2m distance.

Some nationwide statistics provided yesterday:

- ➡ 26% of all confirmed and probable cases of COVID-19 are in the 20-29 age group (total 205) *possibly because a lot in that age group are returning from overseas*
- ➡ 7% of all confirmed and probable cases are Maori (51)
- ➡ In the cases for which there is information, there is a strong link to overseas travel (51%), as well as links to confirmed cases within NZ (31%). Community transmission is 1%

Information from the NMH Infection Specialist this morning;

- ➡ There is no confirmed community transmission of COVID-19 in the NMH region at this time, *but we must not be complacent about this. Predictions are that this will most likely change during the next few weeks.*
- ➡ Because there is no confirmed community transmission there is no need to wear a mask or gloves, or any other protective gear at the moment.
- ➡ If you choose to wear a mask, do not wear it all the time as it is accumulating all sorts of germs, and can become dangerous for you. Throw it away once used, or if it is cloth, wash in hot water.
- ➡ If you choose to wipe down all your groceries when you get them home, do it with a disinfectant wipe, or use disinfectant or bleach on a clean cloth, so no new germs are being introduced into your bubble
- ➡ If you have a kaumatua or another vulnerable person living in your home, do you have a plan for their safety if COVID-19 or influenza is contracted by someone in your bubble?
- ➡ A new supply of the flu vaccine will arrive in a week or so. Targetted whanau – 65+, hapū wahine, those with other health issues, will be first in line to receive this.
- ➡ Be vigilant – follow the Level 4 rules. **STAY HOME- BREAK THE CHAIN - SAVE LIVES**

Te Putahitanga o Te Waipounamu has set up the [www.manaaki20.org](http://www.manaaki20.org) website which has a lot of info re COVID-19 & videos etc from whanau to show some of the things they are doing during lockdown. There is also a survey form for you to

complete. Through this process, Te Putahitanga can provide support through our Whanau Ora Navigators if that is required.

The Civil Defence Emergency Management Group (CDEM) has also set up an emergency number **0800 50 50 75** for those who need support eg kai but **don't have any other options** available to them.



*Nga Mihi  
Ann*

*Ann Martin  
Tumuaki*