

WHAT TO EXPECT AND HOW TO PREPARE: COVID-19

PASIFIKA CHURCH INFORMATION PACK



VERSION 2 UPDATED: 10 SEPTEMBER 2020



STAY CALM AND BE KIND

With case of COVID-19 in Auckland there may be some concerns about safety, information and what is happening in our communities. Everyone is doing their best to keep you informed, protected and cared for. Everyone is doing their best to keep you informed, protected and cared for.

You may know someone who has tested positive for COVID-19. This does not necessarily mean you are a contact and at risk of getting COVID-19. You will be contacted by health officials if you are.

This is a virus and our people are not to blame for getting sick. We must all work together to make sure our communities are safe.

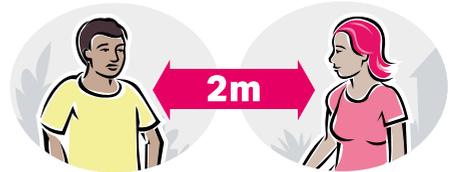
***THEREFORE ENCOURAGE ONE ANOTHER
AND BUILD ONE ANOTHER UP,
JUST AS YOU ARE DOING
— 1 THESSALONIANS 5:11***

BEING PREPARED



CONTINUE TO FOLLOW BASIC HEALTH GUIDELINES:

- ▶ Wash your hands with soap for 20 seconds, dry them for 20 seconds
- ▶ Cough and sneeze into your elbow
- ▶ Keep 2 metres from others when outside your home
- ▶ Wear a mask or face-covering when outside your home
- ▶ If you experience a new or worsening cough, loss of taste or smell, runny nose, shortness of breath or a fever—please call your family doctor or Healthline on **0800 358 5453**



If you can, try to keep some hand sanitiser and masks ready to use when going in and out of home.

If you lead a church, school, early childhood centre or manage a business—keep a record of people coming and going. It will help with contacting everyone who may have been a close contact of a case. This can be done by getting a government QR code* or by having a sign in and sign out book.



* <https://covid19.govt.nz/business-work-and-money/business/get-your-qr-code-poster/>

FACE COVERINGS AND MASKS

Wearing a face covering or a mask helps stop the spread of COVID-19. Wearing these helps stop the spread of COVID-19 in our communities.

A face covering can be made out of any type of cloth such as, an old t-shirt, a bandana or a scarf. There is no need to buy masks.

Masks are usually used by nurses and doctors. You can wear these if you want to, but a face covering is just as good.

Before putting on a face covering or mask, wash your hands with soap and water. Only hold it by the part for your ears, do not touch the inside or front of your face covering or mask.

If you have to touch your face covering or mask to adjust it, only touch the edges, never the front or inside.

When taking off your face covering or mask, remove from your ears first. If it's a mask, throw it in the rubbish bin, if it's a face covering make sure you wash it by hand or in the laundry with soap and water.

Young children and those who have breathing difficulties do not need to wear a mask or face covering.

YOU MUST WEAR A FACE COVERING ON PUBLIC TRANSPORT - E.G BUS, TRAIN AND TAXI.

Not wearing a face covering on public transport will become an offence, punishable by a \$300 infringement notice or a fine of up to a \$1000 imposed by the courts.



GETTING TESTED

GETTING A TEST IS FREE* NO MATTER WHERE YOU GO.

Call your family doctor FIRST to get a test. If they are busy, they will let you know of another doctor who can test you.

If they can test you, advise that you ONLY want to be tested so you don't get charged for a consult.

You only need your name, date of birth and a contact number in order to get tested at a Community Testing Centre. Take your photo ID with you, like your drivers license or passport.

These centres are all safe and secure.

Urgent Care Clinics are also available for testing. Some of these are open 24 hours, 7 days.

There are also designated GP practices where you can go to get tested.

When you go to get tested, have a mask or face covering on.

Take your NHI number if you can, and remember your photo ID- this will speed up your testing process.



If you are a close contact of a confirmed case you may be asked by health officials to go to a specific testing centre.

Community Testing Centres may have long waits.

- * If you are needing to get a test done to travel overseas, there may be a cost for this.

For a full list of where you can get tested visit: arphs.health.nz/covid19test

You must remain at home until you receive your test results. You will ONLY get a text message if your result is negative. Please note this may take up to 5 days. If your test is positive, you will get a phone call from health officials.

WHAT IS CONTACT TRACING?

If you are considered as having come into **CONTACT WITH SOMEONE WITH COVID-19**, public health officials, your church leader, a school principal or a business owner will contact you to let you know.

Public health officials will then call you directly or you'll receive a series of texts confirming that you are a close contact.

Once you have been contacted you may be asked a series of questions that include:

- ▶ where you may have been
- ▶ who you may have seen
- ▶ if you have any symptoms related to COVID-19

Information will be sent to you from the health officials that explains self-isolation.



DIFFERENCE BETWEEN CLOSE AND CASUAL CONTACTS:

CLOSE CONTACT

- ▶ Close contacts could be from work, your place of worship, school, sports or social groups and gatherings.
- ▶ Within 2 metres of a confirmed case for 15 minutes or more
- ▶ Living within the same household as a confirmed case
- ▶ Part of a confirmed case's bubble
- ▶ You will be contacted directly by health officials
- ▶ **MUST** go in to self-isolation for at least 14 days, get a test and await test results.
- ▶ Self-isolation may be longer if other people in the household develop symptoms.

CASUAL CONTACT

- ▶ Not within 2 metres of a confirmed case or with them for less than 15 minutes
- ▶ Have been in the same area or environment as a confirmed case
- ▶ Examples: shopping mall, apartment complex, bus, train etc.
- ▶ No need to do anything
- ▶ Be aware of symptoms
- ▶ If you have symptoms, practise good hygiene, get a test and self-isolate.



GOING INTO

SELF-ISOLATION

All close contacts **HAVE TO GO** into self-isolation **IMMEDIATELY** and get tested.

Testing is important, but
**SELF-ISOLATION IS THE
MOST IMPORTANT ACTION**

SELF ISOLATION IS FOR AT LEAST 14 DAYS from your last contact with a confirmed case or if public health officials have told you otherwise. Advice may also be given to those within your household on self-isolation. Your self isolation may be extended if others in your household develop symptoms.

You are a close contact if you have been told by public health officials, your minister, a school principal or a business owner.

Everyone in the congregation, at school or at work should be alert for symptoms and get tested if they are asked to take a test. Most people will be asked to be tested twice- once on day 5 and again on day 12.

If you have concerns about groceries, bills, or any other needs- let the health officials know when you speak to them. They will make sure that you are supported.

If you live with others, you will need to keep yourself away from them as much as possible.

Don't share dishes, drinking glasses, cups, eating utensils, towels, pillows or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water, place them in the dishwasher for cleaning or wash them in your washing machine.

Wipe down any commonly used surfaces with soap, water and a cloth.

You cannot have any visitors.

You can have people deliver things to your door, but do not come into contact with them.

Talk to your employer, friends and family to ask for their help to access the things you will need.

Talk to your employer to see if you can work from home during this time.

It's ok to go for a walk, run or ride your bike, as long as you avoid people outside. Keep at least a 2 metres away.

For support with grief, anxiety, distress or mental wellbeing, you can call or text 1737 – free, anytime, 24 hours a day, 7 days a week – to talk with a trained counsellor. There are translators available.

ISOLATION FOR

POSITIVE CASES OF COVID-19

If you or someone in your household has been **CONFIRMED AS A CASE OF COVID-19**, you will be contacted by health officials about going to stay at a hotel for confirmed cases. Your family might be asked to go with you.

This facility is safe and secure. This is where those with COVID-19 stay until they are healthier.

All costs for your stay are covered by the government.

If you have any questions about paying bills or support needed for other family members while away for your stay, please discuss this with the public health officials when they call you.

Public health officials will outline everything you need to know about your stay before you go to a facility for confirmed cases.

There are interpreters available at the facility and over the phone when speaking to health officials.



ACCESSING

HEALTHCARE SERVICES

HEALTH CARE SERVICES ARE ALWAYS AVAILABLE FOR YOU TO ACCESS.

If you are sick, with symptoms or an illness not related to COVID-19, go to your GP or in an emergency go to hospital.

It is safe to go to the hospital if you need to. All hospitals have health measures in place to ensure you and your family are kept safe.

You can still call your family doctor if you need to. Some are doing consults on the phone or by video-call.

If you have general health questions, you can call Healthline on [0800 611 116](tel:0800611116).



ACCESSING

SUPPORT SERVICES

Call **THE FONO** on 0800 366 648 for support with: food, housing, accommodation, finances and well-being checks



WORK AND INCOME:

Free call 0800 559 009 .

Visit workandincome.govt.nz for more information.

NEED TO TALK? 1737

Free call or txt 1737

Visit 1737.org.nz for more information.

ALCOHOL DRUG HELPLINE:

Free call 0800 787 797
or text 8681.

Visit alcoholdrughelp.org.nz for more information.

OUTLINE:

Free call 0800 688 5463 (OUTLINE)
- confidential telephone support for people in the rainbow community.
Available evenings from 6pm–9pm.

Visit outline.org.nz for more information.

GAMBLING HELPLINE:

Free call 0800 654 655
or text 8006.

Visit gamblinghelpline.co.nz for more information.

**AND LET US NOT GROW WEARY OF
DOING GOOD, FOR IN DUE SEASON WE
WILL REAP, IF WE DO NOT GIVE UP**
— GALATIANS 6:9

Healthline - 0800 611 116

