



ManaKidz

National
Hauora Coalition



COVID-19 Level 2 update for whānau

Kia ora,

This is just a short message to let you know that **Mana Kidz will return at full capacity in Level 2**. Our clinics will reopen at school on May 18, 2020 and we will resume class checks on May 25, 2020.

The Mana Kidz health team will be available at the school clinic but will also continue to support whānau and tamariki at home by phone, and home visits working under the strict guidelines of the Ministry of Health. The Mana Kidz health teams will have appropriate Personal Protective Equipment (PPE) to ensure we keep you and your child safe. Your health team will provide you with a phone number for any questions or concerns, including for those who are schooling from home.

Mana Kidz health team can help with the following:

- Sore throats
- Skin health concerns, like eczema or infections
- Headlice
- Asthma or breathing concerns
- Immunisation support
- Ear and vision health concerns
- Any other health concern your child may have

Over COVID-19 Levels 3 and 4 there we have been notified of tamariki admissions to hospital for Rheumatic Fever. Some of these whānau are from our communities. Resuming clinic activity within schools and continuing with class checks will help us to reduce and eliminate this from happening as much as possible. If your child needs to be seen by the nurse, please phone the school and or ensure they tell staff.



If you are concerned for a child who is unwell or has a fever, we advise caregivers to keep the child at home. Alternatively contact the dedicated **Healthline number 0800 358 5453**

If you have any questions about the Mana Kidz programme please contact your nurse in the first instance, or us at **Mana Kidz Hub 027 567 5241**

We will send out regular newsletters to keep you updated of any changes to the Mana Kidz programme. For NZ wide updates and information please see <https://covid19.govt.nz/>

Ngā mihi

PROTECT YOURSELF AND OTHERS FROM COVID-19

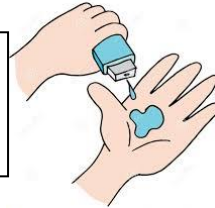


Cover coughs and sneezes

Don't forget to clean and disinfect frequently touched surfaces and objects, like doorknobs

Remind children to clean their hands before eating and after doing tasks

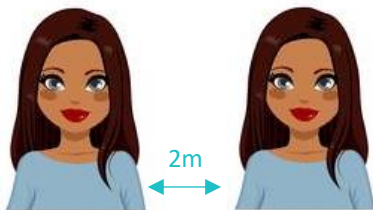
Clean your hands (for 20 seconds!) with soap and hot water or hand sanitiser



Stay home if you are unwell with a runny nose, cough, sore throat, have a fever or have been in close contact with someone being tested for COVID-19

Anyone with a high temp, cough, runny nose or trouble breathing should stay at home

Keep children at home if they are unwell with cough, runny nose, sore throat or fever. If a child has a sore throat please contact the Mana Kidz team for sore throat management



Continue physically distancing when possible (sitting further apart = less chance of breathing in droplets of someone sneezing and/or coughing)

It's best not to shake hands, kiss hello or hongis for now



Anyone feeling unwell should ring Healthline on the dedicated COVID-19 number: **0800 358 5453** or ring their GP and they'll be advised what to do.



It is normal to feel stressed or anxious in these situations. For support you can call or text **1737** to talk with a trained counsellor for free, 24 hours a day, 7 days a week