



ManaKidz

National
Hauora Coalition



COVID-19 Level 3 update for whānau

Kia ora, Tālofa lava, Kia orana, Mālō e lelei, Fakaalofa lahi atu,
Bula vinaka, Namaste, Mālō ni,

This is just a short message to let you know that **Mana Kidz will look different in Level 3**. While schools are open, even with partial attendance during COVID-19 Alert Level 3, we will still be providing a service to tamariki and whānau.

Each clinical team attached to your school will be implementing a model of service that best meets school, tamariki and whānau needs. This may include a combination of onsite, phone, and home visits working under the strict guidelines of the Ministry of Health. Clinical teams will have appropriate kit and Personal Protective Equipment (PPE) to ensure provision of a safe service. Your clinical team will provide you with details of how they will work with your school and a phone number for any queries including for those who are schooling from home.

Please note that we will be offering remote services and will be following safe physical distancing protocols. Your school health team will no longer be doing sore throat swabs, and will instead be moving back to treating empirically with antibiotics.

Please stay safe at this uncertain time. If whānau are concerned or has a fever, we advise caregivers to keep the child at home.

Alternatively contact the dedicated **Healthline number 0800 358 5453**  **Healthline**

If you have any questions about the Mana Kidz programme please contact your clinical team in the first instance, who will be sending out an update next week, or us at **Mana Kidz Hub: 0800 MK TEAM or 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/>

PROTECT YOURSELF AND OTHERS FROM COVID-19

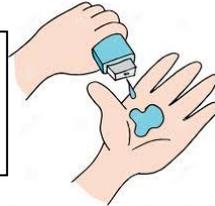


Cover coughs and sneezes

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

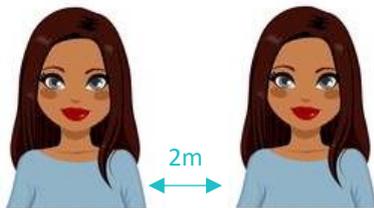
Clean your hands (for 20 seconds!) with soap and hot water or hand sanitiser



Stay home if you are unwell or have a fever or have been in close contact with someone being tested for COVID-19 or who has flu-like symptoms

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

Keep children at home if they are unwell with flu-like symptoms or have a fever



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 hongi 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