



National
Hauora Coalition



COVID-19 Level 2 update for whānau, September 7, 2020

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

The Mana Kidz health team will be back at the school clinic from September 7, 2020 with nursing support. The clinical team teams will also continue to support whānau and tamariki at home by phone, and with 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 still schooling from home. We ask that whānau text or phone their clinic if they are concerned for an unwell child who is not at school, or phone the 0800 number below to reach the Mana Kidz Hub.

Your school health team will from Monday, September 7 being restarting sore throat swabs to prevent Rheumatic Fever. The Mana Kidz health team are not undertaking any COVID-19 tests.

It is important we continue to work and minimise any rise in rheumatic fever. **Mana Kidz can help with:**

- 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 a child may have

If your child needs to be seen by the nurse, please phone the school and or ensure the student tells staff.

COVID-19 Symptoms

If there are concerns that children have symptoms consistent with COVID-19 then whānau should please keep that child at home. We will advise that they be tested for COVID-19 at a Community Based Assessment or Testing centre (some of these are now mobile) or at their GP. The Mana Kidz team will not be undertaking COVID-19 swabbing. For details please see the last page of this panui.



If you are concerned for a child who is unwell please advise caregivers to keep their child at home and phone or text the school health team or their GP. Alternatively, they can contact the dedicated **Healthline number 0800 358 5453 (open 24 hours a day)**

If you have any questions about the Mana Kidz service please contact your clinical team in the first instance, or contact us at **Mana Kidz Hub 0800 100 642 (extension 3) or 027 567 5241 between 8am and 5pm**

We will continue sending regular emails to update 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

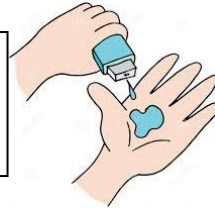


Cover coughs and sneezes

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

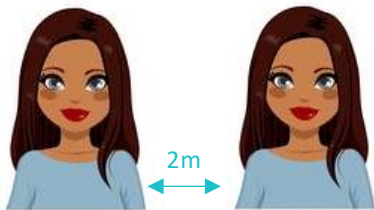
Clean your hands (for 20 seconds!) with soap and hot water or hand sanitiser



Stay home if you are unwell 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 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

Local COVID-19 testing centres

Centre Name, and Address	Operating Hours	Referral Process
LOCAL DOCTORS AIRPORT OAKS 149A Kirkbride Road, Airport Oaks	Open Mon to Sun, 8am – 4pm	Walk-ins and Drive Thrus accepted
MĀNGERE TOWN CENTRE COMMUNITY TESTING CENTRE Māngere Town Centre, Waddon Place, Māngere	Open Mon to Sun, 8am – 4pm	
THE WHĀNAU ORA COMMUNITY CLINIC 25 Druces Road, Wiri	Open Mon to Sun, 8am – 6pm	
ŌTARA COMMUNITY TESTING CENTRE Ōtara Town Centre, 14 Fair Mall, Ōtara	Open Mon to Sun, 8am – 6pm	
PUKEKOHE COMMUNITY TESTING CENTRE Nga Hau E Wha O Marae, 92 Beatty Road, Pukekohe	Open Mon to Fri, 9am – 4pm Sat 9am – 12pm	
TAKANINI URGENT CARE 106 Great South Road, Takanini	Open Mon to Sun, 8am – 6pm	

Anyone feeling unwell should stay home and ring Healthline on the dedicated COVID-19 number or ring their GP or closest testing centre and they'll be advised what to do.

If you have any questions please contact your school health team, the Mana Kidz hub, your GP or Healthline on **0800 358 5453**