



Ngā Hau e Whā o Paparāangi Society Incorporated

30 LADBROOKE DRIVE, NEWLANDS, PO BOX 26-049, NEWLANDS 6442 • WWW.NHEWOP.ORG.NZ

He pānui whakahirahira

(An important message)

Tena koutou katoa,

Ngā Hau e whā o Paparāangi committee would like to advise our community and the wider wellington region that as of **Sunday 22 March 2020**, all activity will cease from being run from Ngā Hau e whā o Paparāangi marae and will be reassessed **Wednesday 29 April 2020**.

This includes:

- Current bookings
- Future venue hire
- Weekly programs

This is due to the **Covid19 Alert level** being raised to **Level 2 status** and our commitment to the wellbeing of our **kuia/kaumatua** and those with existing medical conditions in our community.

Although we are **all** taking measures to reduce the risks of this disease spreading, remember
“He waka eke noa!” – We are all in this together!

To keep you and your whanau safe, we recommend:

- Kia mārie – Be calm, settle down
- Keep yourself well – Follow handwashing procedures, cough/sneeze etiquette and practice social/physical distancing
- Encourage your whanau to do the same
- Take care of the elderly in your whanau and in your street – limit visitors
- Keep a routine, play games, do some baking, watch a movie, plant a kai garden

Kaua e wareware – Don't forget!

- NZ has plenty of food, toilet paper and water – there is no need to bulk shop!

If you are feeling **mauiui/** unwell – suspect you have the virus or have been exposed to someone who has the virus – limit your exposure to others and **call your GP immediately!**

Or call the following helpful numbers:

- Healthline: 0800 611 116
- COVID19 Healthline: 0800 358 5453

For more information - <https://covid19.govt.nz/>

Kia noho haumaru hoki koutou,

Ngā Hau e Whā o Paparāangi Committee



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When is sick, sick? - Dr Siouxsie Wiles

The messaging remains clear – that if you are feeling unwell please stay home, and the same goes for children and young people. However, at the tail end of a cold, there will be runny noses and probably some coughing. This might be worrying for some people who are being vigilant about their own and others’ health.

A diagram below will assist you when considering symptoms. What it tells us is:

- ☑ A dry cough and a high temperature are common to both flu and COVID-19
- ☑ Sneezing is not a symptom of COVID-19, however, if someone has COVID-19, then sneezing can spread droplets containing the virus

SYMPTOMS OF COVID-19, FLU AND COLD

	DRY COUGH	FEVER	RUNNY NOSE	SORE THROAT	BREATH-LESSNESS	HEADACHE	BODY ACHES	SNEEZE	FATIGUE	DIARRHOEA
COVID -19	✓✓✓	✓✓✓	~	✓✓	✓✓	✓✓	✓✓	✗	✓✓	~
FLU	✓✓✓	✓✓✓	✓✓	✓✓	✗	✓✓✓	✓✓✓	✗	✓✓✓	✓✓
COLD	✓	~	✓✓✓	✓✓✓	✗	~	✓✓✓	✓✓✓	✓✓	✗

✓✓✓ FREQUENTLY
✓✓ SOMETIMES
✓ LITTLE
~ RARE
✗ NOT

@SIOUXSIEW @XTOTL thespinoff.co.nz

SOURCE: WHO, CDC

CC-BY-SA

Let us know! – Do you know anyone in our community who may need help?

Pass their contact information to us and we will give them a courtesy call

Volunteers needed – If you are available to volunteer for various community tasks please contact us. **We need:**

- Baking/Meals (for elderly/compromised immunity/self-quarantined)
- Man power – Parking wardens/Pick up & Delivery drivers etc
- Tech savvy

You can contact us via email on – kaitari@nhewop.org.nz or cell phone – **0226109821** for all enquiries.