



Latest Update

Tēnā koe, welcome to the latest pānui for the BOP Health COVID-19 Response for the Lakes and Bay of Plenty District Health Board areas. Included in this issue:

- New Zealand Moves to Alert Level 1
- Testing for COVID-19 to Continue
- Māori Mobilise in COVID-19 Response
- Hospital Visiting Restrictions Lifted Under Alert Level 1
- Level 1 Update on Border Testing and Exemptions

Feel free to circulate among your own databases. Anyone who would like to subscribe to this update can do so [here](#).

If you have any questions – the [BOP Health COVID-19 Response website](#) may have this information – if not – [send an email to our enquiry line](#).

Ngā mihi

BOP Health COVID-19 Response Co-ordinator

On behalf of Bay of Plenty DHB, Lakes DHB and Toi Te Ora
Public Health

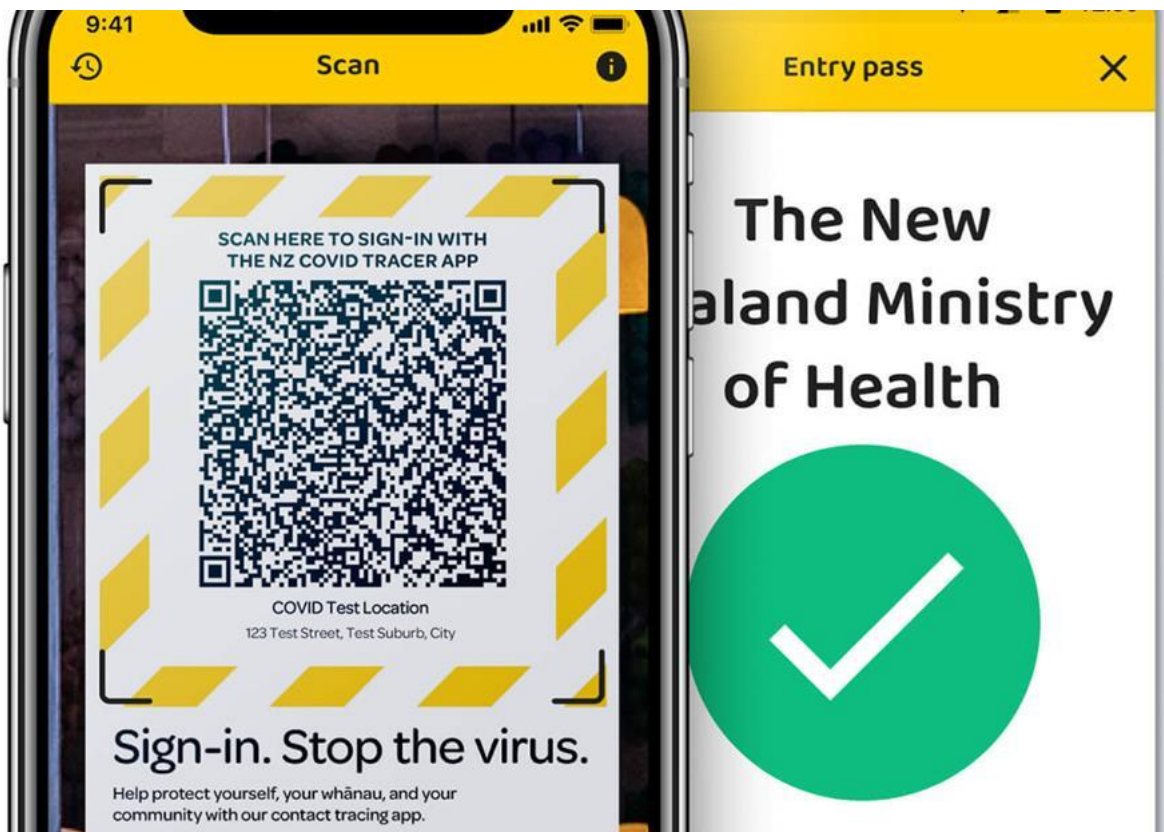
New Zealand Moves to Alert Level 1

New Zealand moved to Alert Level 1 on Tuesday 9 June. At Alert Level 1, the risk of exposure to COVID-19 and transmission in the community is very low. Everyone can return without restriction to work, school, sports and domestic travel, and you can get together with as many people as you want.

It is still important that we keep basic hygiene measures, including washing your hands and coughing or sneezing into your elbow. We should all continue to keep track of where we've been and who we've seen to assist with rapid contact tracing if it is required. Businesses and services should help customers to keep track of where they've been by displaying a NZ COVID Tracer QR code poster.

Public health services continue to plan and prepare for any further cases or outbreaks of COVID-19. Following public health advice throughout Alert Level 1 will help support a fast and effective response to any future cases so that our communities can be protected.

For more information, visit <https://uniteforrecovery.govt.nz>.



COVID-19 Tracer App Update

Last week, the Ministry of Health released an update for the NZ COVID Tracer app. Now the app can notify you if you were in the same place at the same time as a person who has COVID-19 and will allow you to share your digital diary with contact tracers. The update also includes improvements for people with visual impairments. Find out more or download the app at www.health.govt.nz/NZ-COVID-Tracer.

Testing for COVID-19 to Continue

Although there are currently no active cases of COVID-19 in New Zealand, continuing to test for the virus when symptoms arise remains important in avoiding further outbreaks. It is likely that we will see more cases of COVID-19 in New Zealand at some point in the future.

Symptoms of COVID-19 are similar to many other illnesses, such as the flu. They include a cough, sore throat, high temperature, shortness of breath or a runny nose. If your symptoms are mild, please note that it is safe to wait over the weekend and phone to arrange assessment on Monday.

Western and Eastern Bay of Plenty

Bay of Plenty residents with symptoms of COVID-19 can now go to their doctor (local GP) for assessment and swabbing where needed. All consultations with general practice for suspected COVID-19 are free. If you do not have a GP, please phone Healthline on 0800 358 5453 for advice.

Accident and Health Care, 19 Second Avenue, Tauranga (07 577 0010) are open from 8:00am to 9:00pm every day and are also able to do assessments for people with suspected COVID-19, free of charge.

Rotorua and Taupō Districts

For residents of Rotorua and Taupō districts, if you have symptoms and think you need to be tested, please phone Healthline on 0800 358 5453. Wait for advice for where and when to go for your assessment and follow all instructions. For more details, visit www.lakesdhb.govt.nz.

Māori Mobilise in COVID-19 Response

Māori across the Waiariki region – from Katikati to Te Kaha, across to Rotorua and Taupō – mobilised efficiently to protect whānau, hapū and iwi as part of their COVID-19 response.

From the outset Māori were determined that their vulnerable communities would be protected.



**The 10 Golden Rules
of Level 1**



Ka nui te mihi



*Examples of ways in which key messages were promoted
throughout the response*

Te Whanau ā Apanui were one of the first iwi to set up road blocks to their region to stop the spread of COVID-19 into their community. Roadblocks like this were a co-ordinated effort by Māori to ensure the safety of their whānau.

In Rotorua, the Te Arawa marae and hapū established a COVID-19 Response Hub within hours of the nationwide lockdown. An

innovative data programme was established which enabled the hub to reach isolated and at-risk whānau and identify the support required by collecting, collating and coordinating data and information.

With many whānau struggling to make ends meet during the lockdown, iwi were quick to respond to their call for help. Initiatives were set up like that seen in Ngāti Tūwharetoa, who sent out 350 supermarket gift cards to kaumātua (elderly) members of the tribe. Many whānau across the region also received care packages of kai, hand sanitiser and other essential items.

But the response wasn't just on the ground – Māori used digital platforms to inform and educate their people. In Tauranga, Chairperson of Te Rūnanga o Ngāti Ranginui Donna Gardiner said, "With over 100 employees, 900 active clients and a beneficiary roll of over 6000, we used email, phone, our iwi website, and social media was daily". Iwi radio across the region were instrumental in ensuring Māori had the information they needed.

TŪ AKE NEI!
COVID-19

Ngāti Ranginui Response to COVID-19

Pipiri | 9 June 2020

NGĀTI RANGINUI
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Welcome to Alert Level 1



Yesterday at 3.00pm, our Prime Minister Jacinda Ardern announced that we would move to Level 1 at midnight on 8th June, with effectively no restrictions on day to day life and business, but New Zealand's borders would remain closed.

E-pānui were also utilised to share key messages

One of the most difficult challenges throughout the past eight weeks has been the restrictions on tangihanga, however Māori adapted. Hapū and iwi prepared their own pandemic plans for their marae to ensure whānau could still uphold tikanga and customs.

For many Māori, this will be one of the most extraordinary times they will experience in their lifetime, however Māori

should be proud of their efforts in ensuring the health and wellbeing of whānau Māori across the rohe of Waiariki.

For more information and resources, visit the following links:

<https://tearawacovid19.nz/>

www.tuwharetoa.co.nz/welcome/

www.ranginui.co.nz

www.ngatiawa.iwi.nz/category/covid-19

Featured This Week

20 - 26 APRIL

**TŪ AKE NEI!
COVID-19**



TUESDAY 21ST APRIL | 02:00PM

Kaupapa Māori Community Based Assessment Centres with Anna Rolleston

Anna Rolleston co-leads the Māori community response to COVID-19 for BOPDHB. She shares what is happening with the kaupapa Māori community based assessment centres named Pahi Tahī and Pahi Rua.



WEDNESDAY 22ND APRIL | 02.00PM

BOP DHB Update with Graham Bidois Cameron

Graham is back to give us another update from the BOP DHB and to give us an idea of what the BOP DHB are currently dealing with related to COVID-19.



FRIDAY 24TH APRIL | 02:00PM

Epidemic Response Committee with Kiri Allan

We catch up with Ngāti Ranginui, Ngāi Te Rangi MP & Epidemic Response committee member, Kiritapu Allan, who gives us an insight into her bubble life and what Māori businesses can do to get through these tough times.

#TūAkeNei

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**NGĀTI RANGINUI
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*An example of information sessions which were offered for
whānau*

Hospital Visiting Restrictions Lifted Under Alert Level

Now that we are at Alert Level 1, the visitor restrictions of recent months as part of COVID-19 emergency management practices are no longer required.

In the Lakes DHB area, Rotorua and Taupō Hospitals have now returned to the standard visiting hours of 10:00am - 8:00pm daily.

In the Bay of Plenty, visiting hours at Tauranga and Whakatāne Hospitals are currently under review, and will be updated soon on the Bay of Plenty DHB website and Facebook.

It is important to note that COVID-19 is still a global pandemic and future surges are still possible. That means it's essential that the public and DHBs remain vigilant and continue to follow public health advice regarding hygiene to reduce the risk of undetected community transmission.

DHBs will now determine the visiting arrangements necessary for each of their clinical areas, and with the use of some common messaging:

- While there are no physical distancing requirements at Alert Level 1, the more space there is between you and others, the harder it is for the COVID-19 virus, and other viruses (for example, the common cold or influenza) to spread.
- Visitors are important for patients' recovery, but so is rest, so a balance is important.
- Let's keep each other safe. Look after your own health and look after our health workers and patients by avoiding

overcrowding and ensuring that we can maintain an appropriate distance from each other, in the hospital setting.

- Different hospital and clinical units will have different rules so that they can achieve these things – make sure to check your DHB's website for visiting arrangements for the clinical area you wish to visit.
- It will sometimes be necessary for staff to limit visitor numbers in order to keep everyone safe.
- DHBs may limit visitors in order to support high quality patient care – for example, visitors may be restricted during doctors' ward rounds.
- If you are unwell, stay home.
- Follow good hygiene principles: wash your hands, cough or sneeze into your elbow.
- Use the NZ COVID Tracer App to track your visit.

Lakes DHB is displaying QR code posters throughout Rotorua and Taupō Hospitals, dental and community clinics. The posters include unique QR codes for Lakes DHB facilities, which patients and visitors can scan using the app. The app will log and track that they have visited that location at a specific date and time.

QR codes are also displayed at Tauranga and Whakatāne hospitals. Patients and visitors who do not have a smartphone or have not downloaded the app will be required to fill in a card and 'post' in orange boxes provided to ensure information

privacy.

The Ministry of Health is encouraging as many people as possible to download the app, as it will support contact tracing efforts including when we move to Level 1. Use of the NZ COVID Tracer is entirely voluntary, but using it can help protect your friends, whānau and community by enabling faster contact tracing. The faster we can trace contacts, the faster we can prevent another outbreak of the disease.

More information about the app, including how personal information is used, is available on the Ministry of Health website. www.moh.govt.nz



An aerial view of Rotorua hospital, now returning to standard visiting hours

Level 1 Update on Border Testing and Exemptions

With the move to COVID-19 Level 1, the Director-General of Health Dr Ashley Bloomfield has stressed the ongoing importance of the border, and how it must function as our

“safety net” in protecting New Zealand in the global environment.

"With this priority, tighter controls are being placed on those coming into New Zealand at the border – controls we are making to keep New Zealanders safe from COVID-19 entering the country. People entering New Zealand are already required to stay in managed isolation or quarantine for at least 14 days."

From 9 June 2020, everyone in managed isolation will be tested twice for COVID-19 and will require a negative result before they leave. Those in quarantine were already being tested, as they had shown prior symptoms.

Also from 9 June 2020, people in managed isolation will no longer be able to apply for exemptions to attend funerals and tangihanga.

"They will still be able to apply for compassionate leave to be with a small group of loved ones before or after a funeral or tangihanga, but not to attend the actual event. People in quarantine have never been able to attend such events. We're making this change because someone who has potentially been exposed overseas now poses a greater risk wider spread of COVID-19 at large gatherings."

"It's an unfortunate but on balance necessary trade-off as we relax the domestic restrictions on gathering numbers moving to Level 1. We need to balance the increase in risk by taking a more restrictive approach at the border, so we can continue to keep COVID-19 out, and keep our domestic economy operating as freely as possible."

"Without the security offered by size restrictions on gatherings and physical distancing we need correspondingly tighter protections at the border."

"New Zealanders have worked very hard and sacrificed a great deal to get to where we are, and we don't want to go backwards now," says Dr Bloomfield.

Changes to the criteria for exemptions from managed isolation will apply to all applications received from 1:00pm 9 June 2020.

Information for people travelling back to New Zealand to attend funeral or tangihanga has been updated on the Ministry's website so they are aware of the change.

For more information, visit www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-current-situation/covid-19-border-controls#exemptions

BOP and Lakes DHBs BOP Health COVID-19 response website can be found at covid19.bopdhb.govt.nz. The website has the latest health updates relating to COVID-19, plus answers to frequently asked questions.

Enquiries to the BOP Health COVID-19 response team can be emailed to: bopcovid19@bopdhb.govt.nz



Email: BOPCovid19@bopdhb.govt.nz

Website: covid19.bopdhb.govt.nz

Facebook: www.facebook.com/BOPCOVID19

BOP Health COVID-19 Response

Bay of Plenty District Health Board, Lakes District Health Board
and Toi Te Ora Public Health

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