



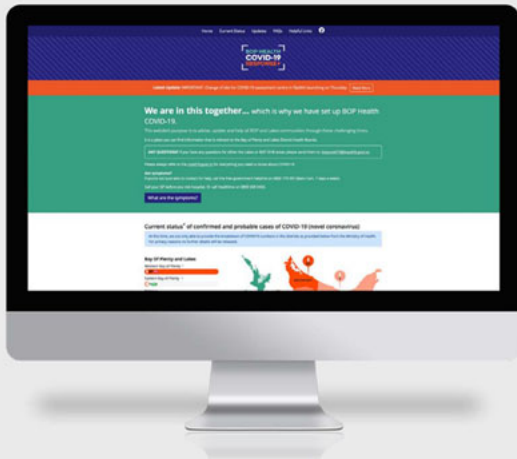
Latest Update

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:

- **Testing for COVID-19 Continues**
- **‘Stay Vigilant’ - A Message from Toi Te Ora Public Health**
- **Influenza – Get Immunised to Protect Yourself, Your Family and Your Community**
- **Lakes DHB Extends Manaakitanga to Returnees**
- **Collaborative Approach Supports Whānau into Employment**

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](#).



BOP HEALTH has created a new website to help address any COVID-19 questions.

The website has the latest health updates relating to COVID-19, plus answers to frequently asked questions. You can find it at: **covid19.bopdhb.govt.nz**.

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

Ngā mihi

BOP Health COVID-19 Response Co-ordinator

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

NOHO TAWHITI. TŪ KOTAHI.
Sit at a distance. Stand as one.

Testing for COVID-19 Continues

As part of the Government's ongoing COVID-19 elimination strategy, changes are being made to both the COVID-19 testing strategy, and the supporting [case definition](#).

The testing strategy has been updated to reflect the current situation in New Zealand, where our greatest risk of re-introduction and spread of COVID-19 is from people travelling to New Zealand, and those working around the border and managed isolation facilities.

Testing Criteria

Testing for COVID-19 is prioritised for those at greatest risk.

There will still be testing of people with cold or flu-like symptoms as part of our ongoing community testing and surveillance for the virus, and on the advice of the clinician.

The symptoms of COVID-19 are similar to common illnesses such as a cold or influenza and may be one or more of the following: cough, a high temperature, shortness of breath, sore throat, sneezing and runny nose, temporary loss of smell.

If your symptoms are mild, please note that it is safe to wait over the weekend and phone to arrange assessment on Monday.

Self-Isolation

Not everyone who is tested will need to self-isolate while they are awaiting their test results – only those who have acute respiratory symptoms and have had one or more of the following in the last 14 days:

- Contact with a confirmed or probable case
- International travel
- Direct contact with someone who has travelled overseas
- History of working on an international aircraft or shipping vessel
- Cleaning at international airport, maritime ports or areas frequently visited by international visitors.

Managed Isolation

The updated approach to testing also includes testing everyone in managed isolation twice during their stay whether symptomatic or not, and surveillance testing of people working in managed isolation facilities and around the border, based on health monitoring information.

Click here for information on [assessment and testing](#), as well as the [new case definition](#).

Western and Eastern Bay of Plenty

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

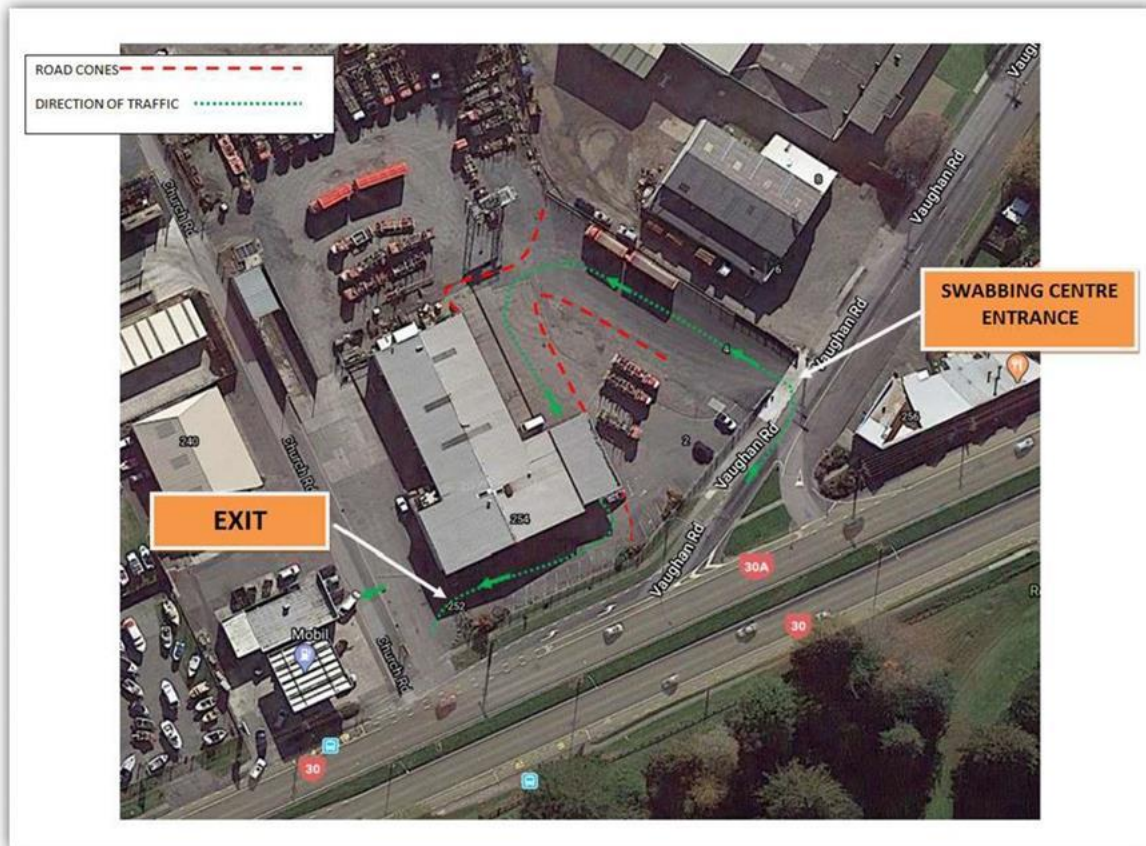
In addition, Accident and Health Care, 19 Second Avenue, **Tauranga** (07 577 0010) are open from 8:00am to 9:00pm every day and are also able to do assessments for people with suspected COVID-19, free of charge.

Rotorua

The **Rotorua** COVID Swabbing Clinic at 2 Vaughan Road, the former Holmes Packaging site is open Monday to Friday 9am-4pm, and Saturday 9am-12noon. Low numbers through the centre on Sundays have helped the decision to now close on Sundays.

The swabbing clinic is a drive-through facility, and people are asked to follow the signage and the traffic cones and observe all staff requests.

Entry to the swabbing clinic is off Vaughan Road, and exit on to Te Ngae Road as per the map below.



Entry to the Rotorua swabbing clinic is off Vaughan Road, and exit on to Te Ngae Road as per the above map.

Taupō

The **Taupō** COVID Swabbing Clinic is moving to a new location at 95 Miro Street, Taupō and will operate from the new site from Friday 17 July from 10am to 3pm.

Prior to this date, people can continue to get tested at the AC Baths Centre, Taupō from 10am to 3pm, Monday, Wednesday and Friday.

Feeling unsure?

If you need advice ring Healthline on 0800 358 5453.

'Stay Vigilant' - A Message from Toi Te Ora Public Health



TOI TE ORA
PUBLIC HEALTH
Bay of Plenty + Lakes Districts

The risk of exposure to COVID-19 in the New Zealand community is currently very low, with no known community cases or community transmission. However, as COVID-19 is still uncontrolled in most countries overseas, New Zealand has strict border measures in place under Alert Level 1 to prevent COVID-19 being re-introduced into our communities. This means our border is closed to overseas arrivals, except for New Zealand citizens/permanent residents and their dependents.

All returning New Zealand citizens/permanent residents and their family entering New Zealand are required to be in managed isolation for 14 days and are tested for COVID-19 twice during this period. This 14-day isolation period, the health checks and the testing requirements provide a very high level of reassurance that anyone arriving with COVID-19 or incubating COVID-19 acquired overseas, will be diagnosed and can be isolated further, so that COVID-19 is not re-introduced into our communities.

Worldwide there have now been more than 12 million cases of COVID-19 reported. The pandemic shows no sign of slowing down and in many countries the number of reported cases is increasing rapidly. With no known community transmission currently, New Zealand is one of only a few countries around the world where it's possible to go about our normal activities such as seeing friends and whānau, going to work, and going to the shops or to a restaurant. However, it's still important that we all stay vigilant and continue to apply the Level 1 Golden Rules. This will not only further decrease any risk of a second wave of COVID-19 but also helps stop the spread of other respiratory illnesses, such as colds and influenza.

Unite for the RECOVERY **Level 1 Golden Rules**

Remember the Golden Rules at Alert Level 1:

- If you're sick, stay home. Don't go to work or school. Don't socialise.
- If you are concerned about symptoms call Healthline or your doctor for advice.
- Wash your hands. Wash your hands. Wash your hands.
- Sneeze and cough into your elbow, and regularly disinfect shared surfaces.
- If you are told by health authorities to self-isolate you must do so immediately.
- If you're concerned about your wellbeing or have underlying health conditions, work with your GP to

understand how best to stay healthy.

- Keep track of where you've been and who you've seen to help contact tracing if needed. Use the NZ COVID Tracer app as a handy way of doing this.
- Businesses should help people keep track of their movements by displaying the Ministry of Health QR Code for contact tracing.
- Stay vigilant. There is still a global pandemic going on. People and businesses should be prepared to act fast to step up Alert Levels if we have to.
- People will have had different experiences over the last couple of months. Whatever you're feeling — it's okay. Be kind to others. Be kind to yourself.

There are no physical distancing requirements at Alert Level 1. You can still play it safe by continuing to keep a distance from people you don't know. Use your judgement. The more space there is between you and others, the harder it is for COVID-19 to spread.

Influenza – Get Immunised to Protect Yourself, Your Family and Your Community

DON'T FORGET TO GET YOUR INFLUENZA VACCINATION

There is usually an increase in influenza-like illnesses and various viral coughs and colds at this time of year, and although we are seeing this currently it seems to be at lower levels than in previous years. This may, in part, be due to the recent lockdown measures for COVID-19 but also the ongoing increased awareness of the importance of hand hygiene, covering coughs and sneezes, and staying home if unwell.

Immunisation is the best protection to prevent influenza, and in helping prevent the spread of the illness to others. Free influenza immunisation is available for everyone aged 65 years and over, pregnant women, and adults or children with certain long term or serious medical conditions. Influenza rates have not yet started to increase in our community, so there is still time to get immunised if you haven't already done so. Even someone who is fit and healthy can become sick with influenza, and risks passing it to whānau or friends. Contact your local doctor, health centre, or hauora, to arrange an appointment.

For more information see www.toiteora.govt.nz/influenza.



FLU CAN BE ANYWHERE

Lakes DHB Extends Manaakitanga to Returnees

The first two groups of returnees housed at the Ibis hotel completed their managed isolation at the weekend and left the hotel.

Lakes DHB staff involved in providing health services at the Rotorua hotels have received great feedback from the New Zealand Defence Force.

Service Manager, Greg Vandergoot, working in Operations for Lakes DHB, says the feedback recognised all the work that had gone into getting everyone through, in what was at times a difficult situation.

He says returnees who spent the fortnight at the Ibis were also very complimentary about most aspects of their stay.

A total of eight groups of returnees have now arrived in Rotorua for their 14-day stay, since managed isolation facilities were set up at the end of the third week in June. These include a group who arrived on Friday 3 July, and another on Saturday 4 July.

Lakes DHB has been refining its processes around providing health assessments for returning New Zealanders, and ensuring that everyone is tested on day 3 and day 12 of their stay.

Staff provide a range of resources to help returnees look after themselves and remain in a positive frame of mind during their stay.

Lakes DHB staff members providing services to people in isolation facilities are supplied with and use the appropriate PPE to ensure their safety. These staff members are fully trained in the use of PPE and practice good hand-washing etiquette, and social distancing, keeping themselves and others safe. This is an essential service and the DHB management and Board appreciate them taking on these responsibilities.

Lakes DHB Board Chair, Dr Jim Mather, says the first two weeks of managed isolation facilities in Rotorua has been a challenging time that saw the rapid pulling together of staff and resources to meet the requirements of managed isolation facilities.

He says clinical, management, and a range of support staff, have stepped up to the challenge, and the Board is very pleased with the efforts of DHB staff to provide caring health

services for people, many of whom are understandably stressed.

Collaborative Approach Supports Whānau into Employment



From left, Te Arawa COVID-19 Hub lead Karen Vercoe, Ricki-Leigh Halsall and Bub Hohepa (both seconded from MSD), Laurie Watt (seconded from Lakes DHB) and Bay of Plenty Regional Commissioner for Social Development, Mike Bryant

An innovative collaboration between Te Arawa COVID-19 Hub, Ministry of Social Development (MSD) and Lakes DHB has been designed to help connect whānau with jobs and contribute to flourishing whānau in both the short and long-term.

The partnership has come about as part of Te Arawa's COVID-19 response and sees three iwi Relationship Co-ordinators being physically located at Te Arawa Lakes Trust in Rotorua – two from the Ministry of Social Development and one from Lakes DHB. Their role is to support whānau through social services support, learning and development, employment, wellbeing and more.

Te Arawa COVID-19 Hub lead, Karen Vercoe, says Rotorua has been hit particularly hard by the COVID-19 crisis, largely due to the city's reliance on the tourism sector.

“Manaakitanga is at the heart of Te Arawa – we have been welcoming and hosting manuhiri for hundreds of years and as such, large numbers of Te Arawa whānau have been working in tourism and hospitality.”

“Unfortunately, these are the jobs that were hit hardest by the initial COVID response with hundreds of people out of work as a result.”

“However, we are resilient and we have adapted to our changing environment for centuries – and we will do so again. Where one door has closed, there are others that are opening, and our goal is to support whānau into new jobs and industries, and ultimately create a positive flow-on benefit for everyone in our community.”

Ms Vercoe says a critical component of Te Arawa's response to COVID was the development of an urgent data project, which enabled the iwi to identify whānau needs across the rohe and beyond.

"Within just a few weeks of lockdown we were able to connect with whānau, identify their location and understand their needs – whether that was kai, mahi, health requirements or something else."

"By collecting, collating and coordinating data and information during the lockdown we are now in a position to provide support where it is most needed. As a result, our immediate target is to get more than 260 whānau into jobs as soon as possible, and then we can cast our net wider."

Ms Vercoe says she is thrilled with the response from both MSD and Lakes DHB to the initiative.

"Together, we can make a real difference."

Bay of Plenty Regional Commissioner for Social Development, Mike Bryant says the agency is focused on bringing about positive changes in the wellbeing of the people, whānau and communities it serves. "Sixty-seven per cent of our clients across Rotorua are Māori and we believe that working with hapū and iwi is the only way we can do this," says Mr Bryant.

"Partnering with Te Arawa Lakes Trust is an exciting opportunity to learn about, and understand, each other's work. Together we will be better placed to jointly support whanau on their pathway to independence."

Lakes DHB Chief Executive officer Nick Saville-Wood says the DHB wanted to build on the work its people had done during COVID-19 – in addition to their day-to-day jobs.

“A large number of our people were actively involved in outreach throughout lockdown, which meant we were able to support and engage with our community on a completely different level.

“It makes sense to continue that work with whānau and to support greater outcomes across the board.”

“One of our driving objectives is support the development of flourishing whānau – but there are a wide range of factors that contribute to this, including employment, access to training and education, health support and more.

“Working alongside Te Arawa and MSD will help us all achieve even more.”

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.

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Email: BOPCovid19@bopdhb.govt.nz

Website: covid19.bopdhb.govt.nz

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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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