

## MANA KIDZ over the school holiday break 2021/2022.

The Mana Kidz Team are taking a short break and will be back on 11 January 2022.

We hope you have a wonderful and well-deserved break with your whaanau and friends. If you're out and about, please remember to mask up, cough and sneeze into your elbow and wash your hands or use hand sanitiser, scan and distance from people you don't know. Stay safe.

If your child is showing COVID-19 symptoms or has a fever, we advise you to keep the child at home and get a test. Please contact your GP for advice.

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

If you have any questions about the ManaKidz programme in the new year, please contact your clinical team in the first instance, or us at **Mana Kidz Hub: 0800 MK TEAM**

For NZ wide updates and information please see <https://covid19.govt.nz/>



# PROTECT YOURSELF AND OTHERS FROM COVID-19

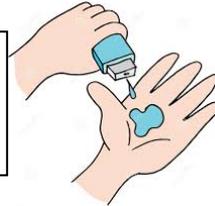


Cover coughs and sneezes

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

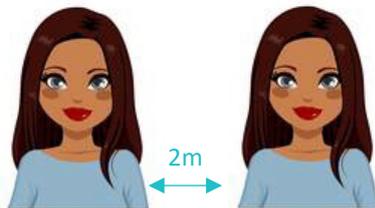
Clean your hands (for 20 seconds!) with soap and hot water or hand sanitiser



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