

Maintaining an āhuru mōwai (safe haven) for cancer patients in the whare

Me pounamu te tūroro
whakaarohia, tiakina, tautokona

Tikanga āroha mā ngā whare me ngā whānau kua pāngia e te matepukupuku

Information for whare (households) with whānau affected by cancer

The traffic light system has changed, but there are tikanga still in place to keep everyone safe:

- Those who test positive have to isolate. Isolation means that less COVID-19 is passed on to others and our health system and supply chains are not overwhelmed.
- Masks must be used in health care settings and aged residential care.

We still need to protect those with cancer from COVID-19 – as they are at higher risk of catching COVID-19 and getting very sick from it.

Ngā tikanga mō te whare

What can you do if there is someone in your whare with cancer?

**Me riro te rongoā ārai mate, mā tōu tākuta e whakamōhio te wā tika
Get your COVID vaccination and booster. Your doctor will tell you the best time to get it**

- Get vaccinated and get your booster as soon as you can. You may also be eligible for more than one booster shot. If you are severely immunocompromised then ask your doctor about having an extra dose as well as a booster. Vaccine info for whānau can be found at [Karawhiua: Protect Communities from COVID-19](#).

**Rongoā ārai mate
Preventative medicine**

- Some people with cancer who are very severely immunocompromised might be eligible for a preventative medicine. This is an antibody medication which is different to a vaccination and is given as an injection. Talk to your cancer doctor to find out if this would be helpful for you.

Māu ārai kanohi

Masks

- Even though masks are now only required in healthcare places like the doctor, pharmacies, hospitals and aged care centres, it is still important to protect people in your whare and the person with cancer.
- You can choose to wear a mask whenever you feel you need to, or to help keep our kaumātua, māuiui and immunocompromised whānau safe

Me iti tonu te mirumiru

Keep your bubble small

- Your whare needs to be a safe space. Try not to have too many people coming and going - create a whare tikanga that those visiting your whare are well and vaccinated.

Horoi ringaringa, patua huaketotia ngā papa, huakina ngā matapihi o te whare

Wash hands, clean surfaces frequently and open windows

- Regular cleaning and wiping down surfaces (like kitchen benches and bathroom sinks) will kill the virus. Opening the windows or doors each day will stop the virus from hanging around in the air.
- Hygiene tikanga - washing your hands for 20 seconds, using hand sanitiser regularly and coughing or sneezing into your elbow - is still important to stop the spread of COVID in your whare.

Me pounamu te tūroro.

He rite me te pounamu, whakaarohia, tiakina, tautokona te tūroro

- You could think of the person with cancer as being a separate 'bubble' in your whare needing your protection and care. You can help by doing their shopping, collecting medicines, limiting visitors and supporting them to stay away from busy public spaces or high-risk places. If there is a separate bedroom and bathroom, or unit- this might be a good option for your whānau member with cancer.

Ki te puta koe i tōu whare

If you need to leave your whare

- Everyone in your whare needs to be careful when they go out in public – so they are less likely to bring COVID-19 into the whare when they return. Even though masks are now only required in health care places, you can choose to wear a mask to add more protection to the whānau. You can also continue to do physical distancing where you can.

Mate kāinga tahi, ora kāinga rua.

Have a back up plan and support in case you need to isolate.

- It is important that you prepare your whare in case you have to isolate. This means having supplies on hand and arrangements in place for friends and whānau who can support you if needed. You can find out more about how to prepare to self-isolate here [Preparing to self-isolate | Unite against COVID-19 \(covid19.govt.nz\)](https://www.covid19.govt.nz/preparing-to-self-isolate).



Whakaarohia te tūroro - Noho tawhiti atu i te tūroro

If you have been in contact with a COVID+ person keep apart from the person with cancer

- If whānau in your whare have been in contact with someone who later tested positive for COVID-19, or if they have been identified as a close contact – they may want to stay away from the whare - or take extra care to give the person with cancer space when they are in the whare.

Kōwheori tōna ahua

If someone in your whare has COVID-19 symptoms - like a runny nose, cough, sore throat or other cold or flu-like symptoms – no matter how mild:

Whakamātauria ki te RATs

Get tested as soon as you have symptoms

- Get tested as soon as you have any symptoms. You can order free tests for pick up here [Request a RAT | Ministry of Health NZ \(covid19.health.nz\)](https://www.health.govt.nz/our-services/health-services/covid-19-testing)

Noho tawhiti atu i te tūroro

- Keep apart from the person with cancer until you get the result.

Whakaarohia te tūroro, mau ārai kanohi, huakina ngā matapihi, horoi papa

- If you have to use shared areas – make sure they are well-ventilated and cleaned regularly. If possible both the person with COVID-19 symptoms and the person with cancer should wear masks in the whare.

Kōwheori tuturu, me

If someone in your whare tests positive for COVID-19:

Rikoatatia ki <https://mycovidrecord.health.nz/>

- If a Rapid Antigen Test (RAT) was used the positive result needs to be registered online at [My Covid Record | Ministry of Health NZ](https://mycovidrecord.health.nz/). This will help your whare get the care and support you need.

Kōwheori tata mate, ko te hōhipera tonu te wāhi tika

If their symptoms are getting worse, hospital is still the safest place to go

- If their symptoms are getting worse - call the doctor or Healthline and they will let you know what you need to do next. If it is an emergency call 111. Hospital is the safest place to be if seriously unwell.

Ka riro ana he pātuhi, me tētehi hononga ki te whakaoti i tētehi whārangi whakakī, ki reira tohua ai he tūrora matepukupuku ki tōu whare.

- The person with COVID-19 will be sent a text with a link to complete a form. In the form make sure it is noted that a person with cancer is in the whare.

Mena kāore he waea, kāore rānei he putea i tō waea, ka whakapā atu ngā kaiwhakawhiwhi ratonga hauora Māori, tangata moana hoki.

- If the person with COVID-19 does not have access to a mobile phone, they will be contacted by a primary care, Māori, iwi or Pacific health provider.

Me whakamōhio atu e te tūrora matepukupuku ki tōna tākuta he pānga Kōwheori ki te whare

- The person with cancer should let their cancer team know that they have been in contact with someone who has COVID-19 and find out what that means for their cancer treatment.

Me whakamōhio atu e te tūrora matepukupuku ki tōna tākuta he kōwheori tōna āhua

- If the person with cancer gets symptoms of COVID-19 they should get a test as soon as possible. If they do a RAT and the RAT is negative but the person still has symptoms it is important that they contact their health professional, as the test may not have picked it up.

Anei he rourou haumarū mō te whare

- If your whare is isolating, you can get help if you need essential supplies, like food or medicine, here [Help when you are self-isolating | Unite against COVID-19 \(covid19.govt.nz\)](https://www.covid19.govt.nz/help-when-you-are-self-isolating).

Ki tēnā rohe, ki tēnā rohe ō rātou ake tira tautoko

- Each region across the motu has different teams supporting those who are isolating – contact details for the different regions are available here [Health care support in your region - Covid-19 Health Hub | Ministry of Health \(covid19.health.nz\)](https://www.health.govt.nz/our-work/health-care-support-in-your-region-covid-19).

Kōwheori tūturu ki te tūrora matepukupuku

Me aro mārika mai

If the person with cancer in your whare tests positive for COVID-19:

Me whakamōhio atu ki ngā pānga katoa, te whānau whānui hoki

- Make sure they let everyone involved in their COVID-19 diagnosis and isolation support know they have cancer.

Mā te tākuta e whakamōhio atu ngā tikanga hou, ngā rongoā hou mōu

- Let their cancer team know they have tested positive for COVID-19 and find out what that means for their cancer treatment. Keep the cancer team up to date with any changes - such as taking other medications or going to hospital.

Kaingia tonutia ngā rongoā ārai matepukupuku. Mā te tākuta e whakamōhio atu ngā tikanga hou

- Keep taking all their cancer medicines – they will be contacted if there are any changes to their medication or how they are supposed to take it.

Me kōrero ki te tākuta, kia kite mena e āhei ana i te tūrora matepukupuku kia riro ngā maimoatanga Kōwheori-19.

- There are COVID-19 medicines available for severely immunocompromised people who catch COVID-19. If you have a cancer or treatment which means you are immunocompromised - ask about these medicines, particularly if your symptoms are getting worse.

Kōwheori tata mate, ko te hōhipera tonu te wāhi tika

- If symptoms are getting worse - call the doctor or Healthline and they will let you know what you need to do next. If it is an emergency call 111.

Kōwheori tata mate, ko te hōhipera tonu te wāhi tika, me kōrero ki te hōhipera mō ngā kaitiaki

- Hospital is the safest place to be if unwell. Generally, up to two whānau members can be kaitiaki (support) for those in hospital. This may change if there is high-risk to patients from having visitors in the cancer centre – check with the cancer team. At hospital kaitiaki will need to share their vaccination status, be screened for COVID-19 and registered for contact tracing.



Mā te tākuta e whakamōhio atu mena he rerekē te mahere maimoatanga

- Cancer treatment is essential but there may be changes to when and how treatment is delivered to keep your whānau member safe while their body is responding to COVID-19 – their cancer team will let them know if there are any changes to their cancer treatment.

Oranga tonutanga Wellbeing

- While we navigate through the pandemic, it's ok to feel uncertain and anxious. Try to do some things that whakapiki wairua or lift your spirits through waiata (song), karakia (prayer), connecting with nature and doing the things which bring you joy. There are a range of resources available here [COVID-19: Mental health and wellbeing resources | Ministry of Health NZ](#).

There's a lot of helpful information here for you to consider. Please share it with the extended whānau as we unite to combat COVID-19.

Piki te ora, Piki te kaha, Piki te māramatanga

These key messages were developed in collaboration with Te Aho o Te Kahu Cancer Control Agency