



# Be Prepared

## Tangata Mohio Tangata Ora

When a new flu virus infects many people around the world, it is called an influenza pandemic.

Health experts and governments around the world are worried that flu viruses affecting animals are changing into viruses that easily affect people. If these new viruses spread in Aotearoa, many of us could become very sick.

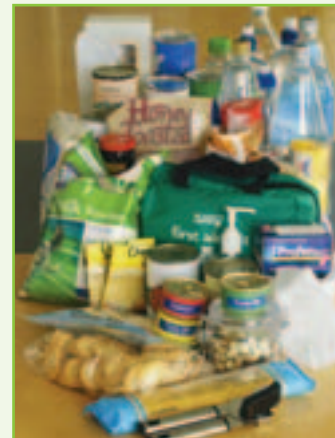
### Tangata Mohio, Tangata Ora

#### Have a whānau plan

During an influenza pandemic, you or your whānau may be so sick that you need to stay at home for several weeks. Be prepared.

Make a plan with your whānau so it includes:

- an emergency supplies kit with enough food and water to last a week – choose long-lasting foods in cans and packets, and dried foods
- a list of who will help with food and supplies if you and your whānau are sick, and who you will help
- your prescription medicines, such as blood pressure pills (you should renew your prescription well before you run out; check with your doctor)
- a list of phone numbers of people you will want to contact, as well as your doctor's phone number (keep this list handy, such as on the fridge door).



Emergency Survival Items are listed in the Yellow Pages phone book (inside back cover).

### Hui

In the event of a pandemic, people will be best to stay at home. If you need to travel to your marae during this time, ring ahead to get advice from iwi kainga (local people) and the local council about any restrictions.

#### The use of marae during an influenza pandemic

The Civil Defence team and your local council will liaise with marae committees/trustees if the marae facilities are needed for the community.

#### Preparing the marae for a pandemic

Each marae should have an emergency action plan for an influenza pandemic. Your marae plan would include:

- A list of contact details for marae committee members, kaumatua and whānau.
- Meeting with your local council and Civil Defence people who can assist with preparing your marae plan.
- Details on how your marae will support whānau, eg, a key contact person, a co-ordinator and a team.
- Details on whether the marae is where whānau come to be supported, or whether the marae is the base to co-ordinate home visiting.
- Details on how the marae will deal with hui or tangihanga in a pandemic, eg, hold hui or tangihana, or postpone these events.
- How to inform whānau of the marae plan, eg, by newsletters, hui or other.