

Look after yourselves and each other as we unite against Covid-19

As a country we are now entering alert level four as we ramp up our fight against the potential spread of Covid-19.

It's perfectly normal to feel anxious and worried about what that means for your family, friends and wider community. The most important thing we can do at this time is look after our mental and physical wellbeing and care for the vulnerable members of our community.

Ways we're uniting against COVID-19



Be kind

Make a difference by supporting friends, neighbours and whānau, especially the elderly and vulnerable.



Stay home

Everyone should stay at home. This is the best thing we can all do to stop the spread of COVID-19.



Wash your hands

Wash often. Use soap. 20 seconds. Then dry. This kills the virus by bursting its protective bubble.

If you would like any further information on the information provided here, please email welfare@qldc.govt.nz

Where to get help

This situation will be very challenging for many people in our community who are being let go from their jobs and face financial uncertainty.

We are also encouraging our business community and landlords to show humanity and compassion and wrap as much support and assistance around affected people as they can.

If you feel you are not coping, it's important to seek help and professional support. For support with grief, anxiety, distress or mental wellbeing, you can call or text the national 'Need to talk?' service on 1737. This service is free, available 24 hours a day, 7 days a week and gives you the chance to talk it through with a trained counsellor.

In order to understand the medium-long term needs of the community, we have set up an online registration form for those finding themselves in vulnerable circumstances. This will allow us to pass on not only contact details to the appropriate local services and government departments but also understand the extent of the challenge.

If you or somebody you know is in a vulnerable position and in need of additional assistance, please go to www.qldc.govt.nz/covid-19#need-help and complete a registration form.

How you can help

If you're a service provider and willing to help those self-isolating from COVID-19, please complete our 'offer of support' form here:

www.qldc.govt.nz/covid-19#service-providers-help

If you're an individual or have a group willing to help volunteer, please get in touch with Volunteering Central and share your contact details. There is no current call for volunteers, but your details will be used should the need arise. You'll find the Volunteering Central contact form here:

www.qldc.govt.nz/covid-19#service-providers-help

What to do if you're feeling unwell

Symptoms of COVID-19 are similar to a range of other illnesses such as influenza and do not necessarily mean that you have COVID-19.

Symptoms include:

- fever
- coughing
- difficulty breathing.

Difficulty breathing is a sign of possible pneumonia and requires immediate medical attention.

If you have these symptoms please contact Healthline (for free) on **0800 358 5453** or your doctor immediately. Call your doctor before visiting.

Advice and guidance from the Government

You'll find everything you need to know about the government response to Covid-19 at covid19.govt.nz

How QLDC is responding

QLDC is supporting the Ministry of Health and Southern District Health Board to provide a local response. You'll find everything you need about the Council's response and available services during the lock down period at www.qldc.govt.nz/covid-19

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