

Teaming up!

In these difficult times, it's great to live in a small community of people who really care about each other. Some of us have got together to help coordinate that work – so that no one needs to feel alone, and we can all get the help we need. We've created a network that looks like this:

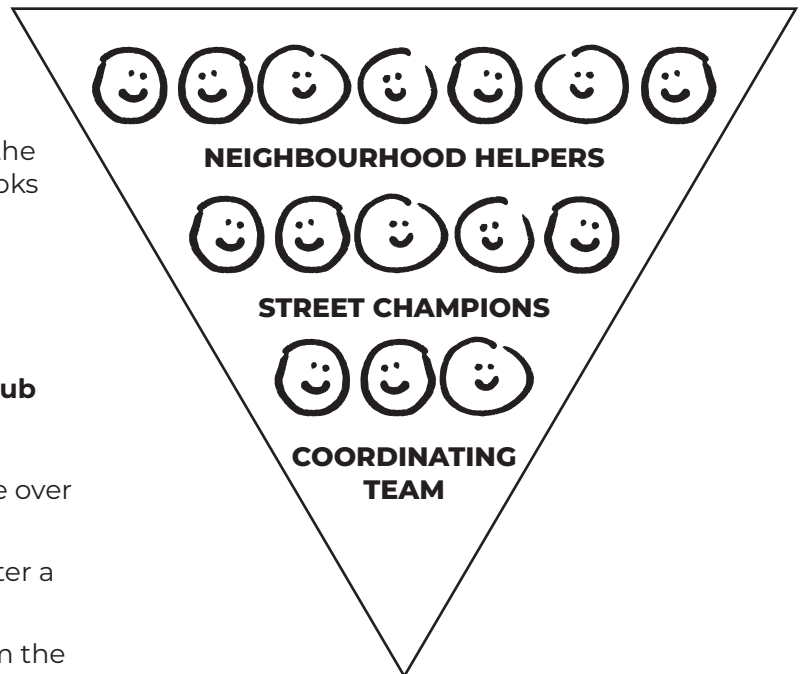
To find out more, and to get involved, go to:

- **Pukerua Bay Residents Association:** pukeruabay.org.nz
- **Pukerua Bay Hub:** [facebook.com/PKBHub](https://www.facebook.com/PKBHub)

Our **NEIGHBOURHOOD HELPERS** have been delivering forms offering help. We already have over 50 helpers throughout Pukerua Bay.

Each of our **STREET CHAMPIONS** is looking after a team of helpers in their area.

The **COORDINATING TEAM** has members from the Residents Association and Pukerua Bay Hub.



If you need help, ask!

If you haven't yet heard from your neighbourhood helper, you can still get help. There is a form you can use on the Residents Association website, or you can phone Helen on 0211466421. But please, in an emergency, call the emergency services.



Together but apart

Please don't hesitate to reach out for help ... but do it from a distance! It's really important that we look after each other by keeping two metres apart. So please leave deliveries on each other's doorsteps. Wave through the window, but don't stop for a chat!



This virus has the lazy habit of settling quickly on objects. That means there's a risk that the items we deliver may carry the infection. So, wash and dry your hands before and after deliveries, and give any items you receive a wipe, too.

Unite against COVID-19

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We know you know this, but let's say it again – the best source of information is on the national COVID-19 website. It tells you what the virus is, how it spreads, and what we are doing as a nation to stop that from happening.

You'll find it at www.covid19.govt.nz

There is also a free government helpline on 0800 779 997. It's available every day, from 8 am till 1 am.

Symptoms and what to do about them

The symptoms of COVID-19 are:

- a fever (at least 38°C)
- a cough
- shortness of breath.

These symptoms do not necessarily mean you have COVID-19. The symptoms are similar to other illnesses that are much more common, such as colds and flu. If you have symptoms, remember to call your GP before you visit. If you're not sure, call **Healthline** on **0800 358 5453**.

SYMPTOMS OF COVID-19, FLU AND COLD

	DRY COUGH	FEVER	RUNNY NOSE	SORE THROAT	BREATH-LESSNESS	HEADACHE	BODY ACHE'S	SNEEZE	FATIGUE	DIARRHOEA
COVID -19	✓✓✓	✓✓✓	✓	✓✓	✓✓✓	✓✓	✓✓	~	✓✓	✓
FLU	✓✓✓	✓✓✓	✓✓	✓✓	✗	✓✓✓	✓✓✓	✗	✓✓✓	✓✓
COLD	✓	~	✓✓✓	✓✓✓	✗	~	✓✓✓	✓✓✓	✓✓	✗

✓✓✓ FREQUENTLY
 ✓✓ SOMETIMES
 ✓ LITTLE
 ~ RARE
 ✗ NOT

@SIOUXSIEW @XTOTL thespinoff.co.nz

SOURCE: WHO, CDC

CC-BY-SA

Weekly challenge

Pukerua Bay Cubs is running a weekly challenge to keep children active. Look for the posts on the Trading Page site. If you're not on the site, get a friend to download the PDF for you.



There was a young lass called Corona ...

Get your creative juices flowing and enter our limerick competition. You can email your entries to pukeruabayhub@gmail.com or kate@dreaver.name, or drop them off at 2 Pukerua Beach Road.

First prize a bottle of hand sanitizer and an Easter Egg.

Other ideas?

There are some great ideas in the community for keeping us all entertained. If you'd like help to make yours happen, you can email Kirk at Kirk@therock.org.nz or Angela at jim.angela@gmail.com