

COVID-19 staff update

27 August 2021

All of New Zealand remains in **Alert Level 4**, until 11.59pm today at least. Hauora Tairāwhiti will continue to operate under our Alert Level 4 plans. We are prepared to respond to any change in alert levels.

We need you

- If you can't do your normal job at the moment, our COVID-19 Response team need you.
- This applies to staff who are vulnerable and staff who have capacity at the moment.
- Please contact People and Development pad@tdh.org.nz

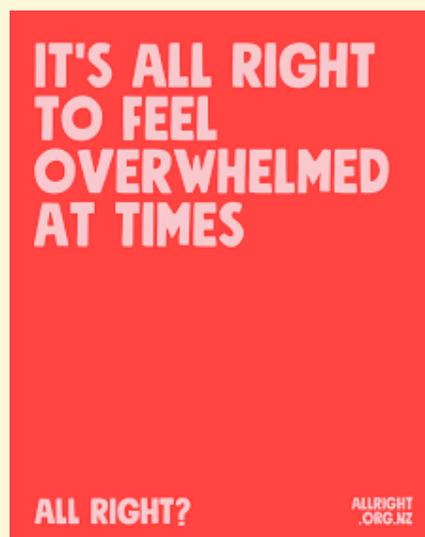
How are you feeling today?

As healthcare workers, caring for others is what we do, but how good are we at taking care of ourselves?

If the COVID-19 delta outbreak, or alert level 4 lockdown has you feeling stressed or anxious, these tips and resources may help:

- **Take a break.** Take the opportunity to get some sunshine or go for a walk.
- **Manage your media.** Social media can heighten stress. Reducing your time spent on platforms like Facebook and Instagram may help.
- **Get support.** Is there a system that's frustrating you? Consider how you can escalate your concern or talk to a colleague who can help.

View options for support and employee assistance in the 'staff information' folder on the intranet.



Where to find information and resources

There is a dedicated folder on the intranet called 'Emergency Response' where you can find a range of information about Hauora Tairāwhiti's response to the COVID-19 delta outbreak.

Click on the Emergency Response button on the intranet homepage to access this. You can find alert level plans, employee related FAQs, QR codes specific to your department and screening tools in this folder.

You can find these updates on the Hauora Tairāwhiti website on the COVID-19 page.

Questions about Hauora Tairāwhiti's response to COVID-19?

We are collecting **FREQUENTLY ASKED QUESTIONS**

Send your query to: incidentcontrol@tdh.org.nz

