



## Words from the Mayor

Stay in your bubble! Your family need you to do this.  
Your country needs you to do this. The more you care, the faster we get back on our feet.  
Not sticking to the rules will push us from a recession to a depression, there is a big difference.  
We can do this, staying at home is not that hard.

Lets get through this together.....Being nice to people is easier than you think,  
You may not be responsible for your first thought but you are responsible for your first action.  
Be kind, be thoughtful, we're all in this together,  
Mayor Craig Mackle

## Be Kind, Stay Home, Save Lives

### Kaikōura District Council

Staff now working from home, if you need immediate assistance for one of the following services, call **03 319 5026** and press the corresponding number:

Press **1** for water, sewerage, rubbish queries

Press **2** for rates queries

Press **3** for noise and dog control

Press **0** for all other enquiries (including requests for urgent COVID-19 related assistance)

Email [admin@kaikoura.govt.nz](mailto:admin@kaikoura.govt.nz)

There may be a delay in responding, we thank you for your understanding.



## COVID-19 update from Kaikōura Healthcare - Keeping our community well

Our local healthcare team have been working hard at Kaikōura Health Te Hā O Te Ora, to ensure that the community is kept as safe as possible. Please remember as we go through these exceptional times you have an important role to help keep everyone well too.

### We need your help to ensure that no one comes into the Kaikōura Health Centre without calling first.

If someone: Has been overseas in the last 14 days

Has a cough, fever, sore throat or flu-like symptoms

Has been in contact with a person diagnosed with COVID-19 (or with similar symptoms)

Then they should call Healthline's free **COVID -19 line on 0800 358 5453**.

Please spread the word to your friends and family about this process. If Healthline advise you to contact your GP then please phone Kaikōura Healthcare on 03 319 3501 and let them know that you have these symptoms. **Please do not come into the health centre without phoning ahead**. If you come into the facility with ANY of these symptoms, you will be asked to return to your vehicle until a nurse or doctor can assess you.

### Top Tips from the Mental Health and Wellbeing Team

Try to maintain a regular routine as much as possible - take exercise, interact with others on the phone or via Skype, spend at least 2 hours a day in natural light.

Try to focus on the positives; see this as an opportunity to spend more time together as a family, to get things done around the house, to do those things that make you feel good.

Look after yourselves, your families and keep an eye on your neighbors.

Kia Kaha

### Contact Tracing for COVID-19

Positive cases of COVID-19 are confirmed by the Ministry of Health (MOH) daily, and are uploaded to [www.health.govt.nz](http://www.health.govt.nz).

- MOH will release basic information about positive cases such as their age range, gender and the area of New Zealand they are in.
- If a positive test result is identified, MOH and district health boards track people who may have been exposed to the virus and provide health advice.
- Anyone may be contacted about a positive case during this 'contact tracing'. If potential contacts haven't been able to be reached, information about where the positive case has been, will then be released.
- Anyone who thinks they may have come into contact with a positive case of COVID-19 can call public health staff at Kaikōura Healthcare on 03 319 3501 or Healthline on 0800 358 5453. They will give you advice on what you need to do.

### No Visiting

There are NO visitors allowed during this lockdown period. We will maintain contact with the families of our residents and inpatients. We understand how difficult it is for them not to be able to visit. Arrangements are being made to enable virtual visits either by phone or videolink.

### Flu clinics available soon

The flu vaccine will be available soon for those most at risk. Kaikōura Healthcare will contact priority groups (as set by MOH) directly next week, to arrange vaccinations. If you are in a priority group, **do not call the health centre**, wait for them to call you. The flu vaccine will be available for the wider community from 13 April 2020.

Note: the flu vaccine does not protect against COVID-19, but making sure those most at risk to the flu have been vaccinated, will help manage the demand this winter on our local hospital.

### Making Appointments

All patients who phone for an appointment at Kaikōura Healthcare will be asked a series of questions to ensure that they can be seen appropriately. If you have an appointment booked, you will receive a phone call from the doctor on the day. They will decide with you if you need to be seen or if a telephone or video consult will be the best option.

### Coming to the Health Centre

If, after a telephone call you have an appointment, when you arrive at the facility please **wait in your car and call reception on 03 319 3501**. A Doctor or Nurse will come and get you as soon as they are ready to see you. Please ensure that you use the hand sanitiser at the front door on entering the building, and again when you leave. There are **no weekend clinics** but if you need urgent care please call 03 319 3501 and speak to our after hours service.



# Kaikōura District Council News

## Refuse and Recycling Innovative Waste Kaikōura

### Effective 25th March the IWK yard is closed and will remain closed for the foreseeable future

A weekly kerbside collection of refuse (with glass presented as a separate refuse item) will be provided to areas that had previously received kerbside collections of recycling. A maximum of TWO completely sealed bags of refuse, with a maximum weight of 10kg per bag will be collected from outside each property. Glass will still be collected separately in your green recycling bin - ONE bin per household per collection - please DO NOT put glass in your black bags. Any bags that exceed these limits will result in bags or bins being left outside the property.

Skips for collection of bagged refuse will be provided for a limited period on one defined day per week at each rural recycling facility. Whilst the skip is present it will be attended by a member of IWK staff, and a maximum of TWO bags of refuse per property will be permitted to be dumped. There will also be a separate skip for glass present at each site during these times. Please remember your social distancing, if the skip is being used by another person, let them finish disposal and then proceed to the skip yourself.

Suburban School Recycling Point - Mondays 9.00am - 12.00 noon

Lynton Downs Recycling Point - Tuesdays 9.00am - 12.00 noon

Clarence Recycling Point - Wednesdays 9.00am - 12.00 noon

Kekerengu Recycling Point - Fridays 9.00am - 11.00am

[www.iwk.org.nz](http://www.iwk.org.nz)

Green waste -as some of you will spend time in your garden during the lockdown we will be offering a fadge drop off and pick up for green waste within the Kaikōura town boundaries. Please phone IWK if you are interested in this service, there will be a \$14 charge for drop off and pick up.

We will accept bank transfer payment options for this, with service provided after the funds appear in our bank account.

The staff of IWK are endeavoring to provide good service in extremely challenging circumstances and should be treated with respect and courtesy.

We thank you for your understanding.

## The following closures are being undertaken to reduce the potential for transmission of COVID-19.

**Public toilets** operated by Kaikōura District Council are currently closed except for Beach Road location. We will continue to operate this facility to support the freight companies that are supplying our district.

**Kaikōura District Library** is currently closed – staff are supporting Kaikōura District Council

**Kaikōura Museum** is currently closed

**Environment Canterbury Kaikōura** staff are working from home

**Kaikōura District Council** staff are working from home. Residents and visitors are asked to please only contact Council through email at [admin@kaikoura.govt.nz](mailto:admin@kaikoura.govt.nz) or by phone on **03 319 5026**

## Natural Hazards Review

Since the 2016 earthquake Council has been updating what we know about the natural hazards in Kaikōura. Now (just in time for some light reading while you are in self isolation) Council has just released the [Kaikōura Fans Floodplain Investigation](#)

## Water and Waste Water Services

It is intended to continue operation of water and wastewater services largely as normal to ensure essential supply of safe drinking water is maintained and that wastewater (sewerage) is appropriately disposed of in a manner that does not compromise health.

Please remember **not to flush materials such as wet wipes** down the toilet as these can block pumps.

## COVID-19 Kaikōura Community Updates and Useful Links

### Covid-19

Learn the simple steps you can take to unite against the virus and slow its spread. Find out what help is available and get the latest updates in New Zealand.

### Ministry of Health

The latest information about the COVID-19 coronavirus disease (formerly known as 2019-nCoV). Includes public health advice, signs and symptoms, current situation

### Mental Health Foundation

COVID-19 is changing our daily lives. It's important to look after our wellbeing and the wellbeing of our whānau and community as we get through this together.

### Essential Services in Kaikōura

Kaikōura services that will be operating within the Lockdown regulations

### Work and Income

Information on changes to Work and Income, and assistance that income affected people might be eligible for

### COVID-19 Financial Support

The Government has released an economic response package to help cushion the impact of COVID-19 and support the economy during the crisis.

### Recreational Boating

Maritime New Zealand (MNZ) has issued strong guidance to skippers of recreational vessels, urging them to "play their part in the fight against COVID-19 by staying home".

### Department of Conservation

DOC's priority is to support New Zealand in stopping the spread of COVID-19. DOC facilities and offices are currently closed, and tracks and national parks are out of bounds unless they are right by your home.

Neighbourhood Support in conjunction with Kaikōura Health are arranging volunteers to do grocery shopping and pick up prescriptions from the Kaikōura pharmacy. If you or anyone you know needs assistance, please contact [joanna.york@kaikoura.govt.nz](mailto:joanna.york@kaikoura.govt.nz)