

Mid/Far North Office

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**Home Support
North**
Charitable Trust

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COVID-19

Update to ALL Staff – Monday 25th January 2021

The recent news about a Northland resident testing positive for COVID-19 is concerning, but there is no need to panic. We will be guided by the latest updates from the Ministry of Health. For now though please remember to follow strict hygiene protocols, coughing etiquette etc. We should all be using the COVID-19 Tracer App and ensure it is Bluetooth enabled. Stay Safe.

We are aware that the person who has tested positive for COVID-19 has visited the following places:

- FreshChoice Ruakaka - January 14 - 3.03pm-4.33pm
- Aesthetic Clothing Store - January 15 - 8.48am-9.53am
- Noel Leeming Whangarei - January 15 - 9.02am-10.12am
- Bendon Whangarei - January 15 - 9.03am-10.30am
- The Warehouse Whangarei - January 15 - 9.28am-10.58am
- Flaming Fires - January 15 - 10.24am-11.34am
- Whangarei and Kamo Testing Stations - January 15 - 10.40am-11.45am
- Bed Bath and Beyond Whangarei - January 15 - 10.54am-12.04pm
- Fat Camel Cafe - January 15 - 11.34am-1.34pm
- Parua Bay Tavern - January 15 - 3.20pm-5.20pm
- Bream Bay Butchers Ruakaka - January 16 - 11.02am-12.07pm
- Ruakaka General Store - January 16 - 11.08am-12.10pm
- FreshChoice Ruakaka - January 16 - 11.10am-12.15pm
- Urban Remedy Cafe - January 17 - 8.17am-9.47am
- Joseph Taylor Homewares - January 17 - 2.08pm-3.18pm
- Eutopia Cafe - January 18 - 8.55am-10.55am
- Maungaturoto 2nd hand shop - January 18 - 10.06am-11.36am
- Maungaturoto Four Square - January 18 - 10.44am-11.49am
- White Rock Gallery - January 18 - 11.15am-12.24pm
- The Kauri Museum - January 18 - 11.21am-3.21pm
- Gumdiggers Cafe Matakohē - January 18 - 12:39 pm - 2:39 pm
- The Dune Restaurant & Bar - 18 January - 4.47pm-7.17pm
- Kaipara Coast Plant Centre & Sculpture Gardens - January 19 - 11.04am-1.04pm
- The Ville Turkish Cafe Helensville - January 19 - 1.08pm-2.38pm
- Countdown Helensville - January 19 - 1.46pm-3.01pm
- Super Liquor Helensville - January 19 - 2.03pm-3.08pm
- South Head General Store - January 19 - 2.44pm-3.49pm
- Macnut Cafe Helensville - January 21 - 10.20am-11.50am
- Orrs Unichem Pharmacy Ruakaka - January 22 - 11.21am-12.26pm

If you too have visited one of these places, on the date and times stated, you need to contact Healthline on **0800 358 5453**. There is currently a long wait, but please persevere. If you are asked to have a test for COVID-19, please do so and let us know straight away. It is likely that if you are to have a test you should self-isolate until the outcome of the test is known.

A full list of the location of COVID-10 Testing Stations in the Northland area can be found at:

<https://www.northlanddhb.org.nz/home/covid-19/covid-19-northland-hub/#testcentres>

COVID-19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization.

Most common symptoms:

- fever
- dry cough
- tiredness

Less common symptoms:

- aches and pains
- sore throat
- diarrhoea
- conjunctivitis
- headache
- loss of taste or smell
- a rash on skin, or discolouration of fingers or toes

We'll update you again as more information becomes available. Meanwhile check the MoH and our website for up-to-date information, in the meantime Stay Safe.

Leanne and the Management Team
Home Support North Charitable Trust