

Section 8: Infectious diseases/pandemics

A pandemic environment often moves quickly. For the latest information and advice on how to protect yourself, your whānau, and visitors to your property, your first point of call should be to follow government guidelines and check for updates on the Ministry of Health website. [health.govt.nz](https://www.health.govt.nz)



Prevention

Infectious diseases or pandemics, like COVID-19, can cause significant disruption to your whānau and lifestyle property.

The best treatment is prevention. Here are some quick tips to protect your personal wellbeing:

- Keep up healthy habits.
- Maintain a healthy lifestyle.
 - stay physically active
 - eat a proper diet
 - get good sleep
 - stay connected with loved ones at home (email, phone, social media)
 - boost your mental health. For information about how to stay well, go to farmstrong.co.nz a nationwide wellbeing programme for the rural community.
- Use basic hygiene.
 - regularly wash and dry your hands.
 - cough or sneeze into a disposable tissue or your elbow
 - clean frequently touched surfaces.
- Improve air ventilation in indoor areas.
- Practise physical distancing in public when possible.
- Keep track of where you've been.

Make a plan

It's important to have an infectious disease plan to ensure your property and animals can continue to thrive if you, or a family member tests positive for COVID-19 or contracts another infectious disease. You might be required to leave your property on short notice or to isolate at home.

Putting a plan in place, and having the right information available, will make it easier for someone to step in and help look after your animals and/or property if needed.

Encourage your friends, family, and neighbours to be involved in your planning. Share your feed plan, property map, health and safety plan, and animal health plan with them and keep your plans somewhere where others can easily find them.

Things to include in your plan:

- daily and weekly tasks and whether these involve people visiting your property, such as farmers, veterinarians and contractors
- a plan to move stock off or onto your property if needed and whether they can move in a contactless way
- ways to maintain physical distancing and minimise contact with suppliers
- masks, hand sanitiser and cleaning products for you, your whānau and people visiting your property
- ways to keep track of people visiting your property – QR codes or a sign in book
- options for people on your property to isolate away from the main dwelling, such as campervans, sleepouts etc.



“Preparing for COVID-19: Checklist for your Lifestyle Block” by Federated Farmers of New Zealand. bit.ly/lifestyle-covid19.

TIP: Remember to have your NHI (National Health Index) number and medical history handy if someone from the Ministry of Health contacts you to assess your situation.

Infectious disease plan template

See Appendix 3 for a template to help you develop an infectious disease plan.