The following five modules are now freely available for all to access on the Ministry of Health’s website at the following link:

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-resources/learning-modules-support-your-family-and-whanau-during-covid-19>

*Cleaning your hands*

Hands are one of the most common ways to spread germs. This module explains how to practise good hand hygiene and break the cycle of infection.

*Stop the spread of COVID-19*

There are several different ways COVID-19 can spread. This module explains what can be done to stop it.

*Caring for a person with COVID-19 at home*

This module explains what to do if a family/whānau member is suspected of having COVID-19.

*Helping others with their personal care needs*

This module provides information for instances where individuals may need to provide personal care to a family/whānau member or person in their bubble who they wouldn’t normally need to help.

*Working as a caregiver in your home*

This module provides ideas for instances where individuals may be asked to step in for regular caregivers to family/whānau members and to assist them with things that are outside their comfort zone.

An additional resource especially for families is available on the Careerforce [website](https://www.careerforce.org.nz/hand-hygiene-and-infection-prevention/).

* [Helping family cope in unusual times](https://rise.articulate.com/share/MkIwZ_jB8_pxPsbf4a5SPg80cYpZC2rQ#/)

This module is designed to support family/whānau and help them cope with emotions, moods and unexpected situations.

The modules have been developed with a very broad audience in mind, and offer practical advice that can be used at any point, not just during the COVID-19 environment.