

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](#).

- [Helping family cope in unusual times](#)
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.