



Muscular Dystrophy  
New Zealand

## **COVID-19 Omicron - Phase 3 Update for Members**

Kia ora members,

I hope you and your whānau are managing through this challenging time. As you would have heard, Aotearoa moved to phase 3 of the Omicron response at 11.59pm Thursday 24th February. At Phase 3, only confirmed cases and their household contacts are required to isolate. To keep our members and their families safe, all face-to-face Fieldworker visits have been put on hold until further notice. All appointments with your Fieldworker or Community Co-ordinator will take place via phone or online via Zoom. National Support Office and Branch staff are working exclusively from home until further notice.

We know this is a stressful and changing time so we have put together the information and infographics below to help you better understand the situation.

### **Support is available**

Information on what to do, and how to get assistance if you test positive for, or are exposed to COVID-19, is available on the [COVID-19 Health Hub website](#).

We understand that some people, including disabled people and their whānau, will have additional support requirements if exposed to COVID-19. Please be assured that support is available for people based on their individual needs.

### **Self-isolation support**

The Government has boosted support for whānau who need to self-isolate, see here for community connectors and food providers.

### **Extension to COVID-19 hardship assistance for whānau**

Many families are hard hit by the impact of illness and self-isolation. The Government has shared information about extending the increased income limits for hardship assistance until Thursday 30 June.

- Special Needs Grant
- Recoverable Assistance Payment
- Advance Payment of Benefit
- or [click on the check what you might get guide](#).

### **Resources for wellbeing and support**

A range of helpful resources can be found [here](#).

**Need to talk?**

Free call or text 1737 any time for support from a trained counsellor - this is a Government-funded telehealth service. Or, contact your Fieldworker for information on our free counselling service through Raise.

Please don't hesitate to contact us, if there is something you need assistance with.

Ngā Mihi,

A handwritten signature in blue ink, appearing to read 'T. Jenkin'.

Trevor Jenkin

**National Executive Chairperson**