

# PREPARING FOR COVID-19

## CHECKLIST FOR YOUR LIFESTYLE BLOCK

It's only a matter of time before a positive case of COVID-19 turns up in your local neighbourhood. Who's going to look after your patch of paradise if it happens to you?

It's important you have a plan to ensure your lifestyle block can continue to operate if you, a family member, or a support person to your block contracts COVID-19. You may be required to leave your property quickly.

Having a plan will help give you peace of mind that others will be able to step in and help.

This document is intended to help you create a plan in the event you are required to leave your property and are unable to look after your animals, land and family. The detail contained in your plan is unique to your own property and circumstances to allow family, friends or neighbours to come in and tend to the immediate needs of your livestock.

In the situation that a COVID-19 positive case or close contact is located on your property, it will help the Ministry of Health decide the best place for you and those around you to isolate. Having the right information and a plan could help you or your family stay at home.

Use the questions below as a guide to work out how ready you are to deal with a case of COVID-19 on your block. Circle or tick the answers that apply to you. **It is important that all support people and family have a copy of the completed plan as well as an easy to access copy available.**

We have broken the plan into four sections. These are:

- Section 1:** About your block – How it works.
- Section 2:** COVID-19 your block – the next 14 - 21 days
- Section 3:** Information to assist the Medical Officer of Health
- Section 4:** Personal wellbeing

**We encourage you to involve your support people (if you have them) and your family with this planning. Please remember, this checklist is not exhaustive and you can add anything that will assist your planning.**

Supported by:



Ministry for Primary Industries  
Manatū Ahu Matua



## Section 1: Your Block

Information to assist someone coming onto your block to undertake daily duties if you are unable to.

List key industry contacts who will visit the block or provide advice <i>Some suggestions below</i>		
Support person:		
Who is on your property every day or frequently:		
Vet:		
Gas or domestic household suppliers i.e. Gas(LPG):		
Other:		
Back up team (i.e. friends, neighbours, family)	Name:	Number:
Pets names & feed requirements - Location of feed & water:		
Animal welfare – Storage locations and instructions (medicines, covers, calving gear etc.):		
How the water / irrigation system works:		
Fuel and chemical location and storage instructions:		
If someone was to look after your property is there anything else they need to know to do the job properly:		
Plant and machinery – Tips and tricks (Motorbike, tractor, dairy platform etc.):		
If your property has poor connectivity provide your wifi details here:		

To minimise the risk of COVID-19 can you please:	Yes	No
Ask everyone to wear a face mask while on your block - this includes visitors, contractors or support services		
Supply hand sanitizer for use before doing anything on property		
Ensure physical distancing be maintained – 1m minimum		
Minimise contact with suppliers, where possible contactless drop off/pick up – create a zone?		
Communicate your property's protocols to suppliers/visitors when pick up/delivery is required		
Minimise physical sharing of documents – email photo and txt docs through where possible		
Support all team members and their close contacts to be vaccinated		
Scan in when off farm for supplies/living life via the COVID-19 App - manual sign in		
Use gloves in enclosed spaces/wipe down high traffic surfaces with cleaning agent		
Use Virkon spray or equivalent on gear between users/pickup gear from service providers (this is available at your local rural supply store or vet clinic)		

Attached to this plan:

- ☐ Feed Plan (if applicable)
 ☐ Lifestyle Block Map with any hazards, access points & electricity isolation points
- ☐ Health & Safety Plan
 ☐ Animal Health Plan

## Section 2: COVID-19 on your block - the next 14-21 days

What daily and weekly tasks must happen on your block while I am isolated for 14 to 21 days? Please list below:

What things have I planned to do in the next 14-21 days?

Does this involve people coming onto the property, e.g. new fencing/building maintenance, AI technicians, vets, farrier?

Please list below:

Date	Task	Does this involve visitors to property? Y/N	Can this be delayed? Y/N

What type of animals are on your block at present? What are their feed and water requirements, including pets?

Are any dangerous? (For example, your bull). Please list below:

Estimated water requirements for animals per day

(Download the free adverse events guide for more helpful information [www.nzfederatedfarmer.com/adverseevents](http://www.nzfederatedfarmer.com/adverseevents))


Where are you planning on moving your animals around your property? How do you allocate feed?

Please list below:

Are you planning on moving any NAIT registered animals in the next 14 -21 days??

Please list below:

Can this be done in a contactless way including ASD forms?

Stock classes cattle/ deer	Number	Date

Transporter contact details and instructions:

Can I manage my helpers/ support people, run the property remotely, by laptop/smartphone, while I am isolated?

(Have you, assuming you are fit and able to do so, practiced doing this?)

Yes No

Do I have enough face masks, soap, paper towels, disinfectant and hand sanitiser for people coming onto the property while I am isolated (14 - 21 days)?

Yes No

Location:

Do I have somewhere safe and secure for people to dispose of used masks/paper towels?

Yes No

Location:

Are there options on the property for people to isolate, away from the main dwelling(s)

If yes, what and where:

Yes No

Detail:

**Additional Information** i.e., Consider options like motorhomes, caravans with access to water, power, gas and internet access. (Please test all facilities are functioning) Please list below:

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## Section 3: Information to assist the Medical Officer of Health

Who is on my lifestyle block every day?		
	Who: Write down names you can think of	Number
Family (Including yourself)		
Staff		
Neighbours		
Support team		
Contractors		
Extended family / friends		

Do I have a contract tracing QR code at the entrance(s) to my lifestyle block? Or manual sign in - where is it located.	<input type="checkbox"/> Yes <input type="checkbox"/> No
If people (other than family members) live on the property is this:	<input type="checkbox"/> In the same house as myself <input type="checkbox"/> In a separate building(s)
Have my family, support people and I been vaccinated against COVID-19?	<input type="checkbox"/> Yes <input type="checkbox"/> No
If yes, have we had:	<input type="checkbox"/> 1 shot <input type="checkbox"/> 2 shots
Do you or anyone else on the block have health problems, e.g., lung or heart disease, diabetes or other pre-existing conditions that interferes with their health regularly?	<input type="checkbox"/> Yes <input type="checkbox"/> No
If yes, who & please explain:	

## Section 4: Personal wellbeing

Consider the five ways of wellbeing, a proven concept to look after our wellbeing.

<b>What are the things I can do to keep myself physically active?</b> Exercise, stretches, do you need any equipment?
Details
<b>What can I learn or investigate?</b> It's great to keep learning! Read a new book, learn something new, attend online webinars, investigate future plans for your patch of paradise, clean out all the files & docs on your computer. (Please consider limiting screen time through regular breaks)
Details
<b>What are the things that I can do to stay in contact with friends and family?</b> Have a meal together via zoom / face time. Make a phone call. Send regular messages.
Details
<b>What are the things that I can do to be mindful?</b> Take some time to reflect on the people and things in your life and appreciate what you have.
Details
<b>What are the things I can do to give?</b> Help yourself by helping others. Who do you know that would benefit from a phone call and a chat? Do you have experience you can pass to others by writing step by step procedures for something or general information?

If you have any questions about completing this checklist please contact 0800 327 646 - option 4 - Alicia Lifestyle Specialist