The following were recommended:

**1.** To implement a good operating system of communication with the churches, utilising all forms of communication, especially if the internet goes down. Keep a backup of member contact details, on a portable USB, hard drive, or hard copy.

**2.** To implement a communication “tree”, network, or “pod” within each local church. Creating a buddy system where the most vulnerable people are partnered with another member, who will look after and support them during the next coming weeks.

Vulnerable people are classified as:

* Elderly, at present this is anyone over the age of 70, or if Maori/Pasifika over the age of 60 [this last point is not part of the wider message, but is a general idea within health]
* People living with any chronic condition such as diabetes, renal disease, those who have had recent chemotherapy or are taking immunosuppressing drugs.
* Young children, especially under the age of 5.

If you suspect that your “buddy” is unwell it is important to maintain contact but in a safe manner, taking all precautions. They may have to act as advocate for them if they have no family or friends available.

**3.** Encourage the use of all forms of communication between those who have access to the internet, and those who do not, to encourage the use of phone calls via landlines. Where possible create buddy’s between members who are living within a 2 km radius (this is based on current regulations in Germany, where people can be outside to exercise but only within a 2 km radius). Also, to encourage HOPE TV to run local Health updates, as TV is expected to continue running.

**4.** The best health information can be found on the Ministry of Health Websites, the local District Health Board websites, local Marae trustee (including whanau and iwi), and City Council websites. We ask that our pastors and churches highlight these websites, especially information from their local DHB, City Council, and Marae Trustee. These are the most relevant information sites for their communities.

**5.** We encourage our churches and schools to continue advocating for the principles of whole person health, based on our church’s health message and biblical teachings.

This includes; whole foods eating, water consumption, sunshine, fresh air, physical activity, quality rest, mental and emotional health exercises, regular prayer NEWSTART principles.

**6.** Infection control issues, aside from what is being said in the media

* To discourage all forms for small group meetings
* To discourage all forms of greeting each other using hugs etc., this is especially difficult for our Maori and Pasifika
* Encourage all our elderly and vulnerable to get the flu vaccination
* Contact your GP via phone if you are unwell
* If you are unwell, regardless of the cause (it may not be COVID-19) just stay at home!