

INFORMATION ON WELLBEING AND SUPPORT FOR INSHORE FISHERS APRIL 2020



Photo Credit: Donna Wells

Unite
against
COVID-19

What is COVID-19?

COVID-19 is a new illness that can affect your lungs and airways. It is caused by a virus called coronavirus. There are simple steps you can take to protect you and your family.

5 main steps to protect yourself and avoid transmission:

- cough or sneeze into your elbow, or if using a tissue dispose of it wisely,
- don't touch your eyes, nose or mouth if your hands are not clean,
- wash your hands with soap and water often and disinfect touched surfaces and objects,
- avoid contact with unwell people and practice safe social distancing,
- stay home if you feel unwell and call Healthline on 0800 358 5453

Fisher Wellbeing and Support:

These are trying times and it is normal to feel distressed and to experience symptoms of stress related to COVID-19. We are in uncertain and unprecedented times, and everyone will respond differently, so it is not just important to look after our physical health but also our mental health.

The New Zealand Government initiated the Level 4 response to COVID-19 at the end of March, and this has meant that many are required to self-isolate or reduce interaction with others. In the case of the fishing industry, many of its operations have been deemed essential services and you may be one of those that has decided to go back to sea to provide seafood to our local markets.

Having local seafood on our supermarket shelves is a welcome sight to shoppers but we need to ensure you are doing it in a safe manner both operationally and feeling supported whilst at sea.

Support may come in staying connected with work mates, being aware of your obligations to your crew and land-based receivers, social distancing, identifying and managing anyone with symptoms, use of personal protection equipment (PPE) and financial support.

The following information and key contacts may help you. Keep Safe.

KEY CONTACTS

Ministry of Health

The Ministry of Health website at www.health.govt.nz has a significant amount of information on the COVID-19 disease including symptoms, prevention from exposure, what to do if exposed as well as treatment and mental wellbeing. Go to this website for the latest information on the status of the disease, information for individuals and health advice for the public.

Subsidies and Financial Assistance

The Government has implemented a number of support packages for businesses and individuals to help get through the COVID-19 crisis, including wage subsidies for employers.

If you've lost your job or can't work at the moment you may be able to get a benefit or some other financial help. And whether your working or not, if you're struggling to meet your living costs or get an unexpected bill, you may be able to get assistance.

If you are unsure if you qualify, call **Work and Income** to talk about your situation by phoning **0800 559 009**, or visit their website at www.workandincome.govt.nz under 'benefits and payments'. Other information for employers and self-employed fishers is also included under this website.

Dont forget to also contact your local bank for their services and assistance.

Ministry for Primary Industries

The primary industries have been included as essential services under Level 4 of the COVID-19 response. Operators looking to register as an essential service or with essential service-related queries must contact MPI directly by phoning **0800 00 83 33** or by email to info@mpi.govt.nz. For further information and advice regarding COVID-19 and the primary industries visit their website at www.mpi.govt.nz/coronavirus

Fisheries New Zealand

If you need to contact a Fisheries NZ staff member at any of the regional offices you need to phone **0800 00 83 33** unless you have the direct dial number for that staff member.

FishServe

FishServe is operating as normal, with a helpline available for all FishServe-related queries. Phone them on **04 460 955**, email them at helpline@fishserve.co.nz or fill out their online form at <https://register.kupe.fishserve.co.nz/contactus>

Maritime New Zealand

Due to COVID-19 and required safety measures introduced by the Government, all MNZ offices are closed but their staff are currently working from home. For Commercial Operations/Seafaring you can view the various contact details whether a seafarer or vessel operator etc. For **seafarers phone 0508 SEACERT or 0508 732 237**, or for **operators/vessel safety etc phone 0508 22 55 22** or go to their website at www.maritimenz.govt.nz/covid/

Seafood New Zealand

Seafood NZ has regular updates posted on their website at www.seafood.org.nz. Just click on the yellow tab titled COVID-19 INFO.

Personal Protective Equipment (PPE)

As an essential service you may have decided to go back to sea. If you have more than one crew onboard and you need to ensure some separation and protection of your crew you can order masks and protection clothing through the following suppliers:

New Zealand Uniforms

Email: shaun.crockford@nzuniforms.com

Ph: 021 02 557

Hibiscus Solutions

Email: CarolynSutton@hibiscus-solutions.com

Remember also to go to the Ministry of Health and COVID-19 dedicated websites for more information on the protection and prevention measures for the disease.

COVID-19 Website Resources and Signage

The Government has a dedicated website for COVID-19 where you can find extensive information on the disease, but importantly it is a resource that provides posters and information sheets that you can use onboard your vessel. See the posters and information sheets at <https://covid19.govt.nz/resources-and-translation/resources/>

Guard Safety Fisher Wellbeing Support

Many of you will be familiar with the maritime safety work of Darren Guard and his staff at Guard Safety. In addition to health and safety solutions at sea they also offer a free service if you want to talk to someone for general wellbeing support. They are independent and there if you want to talk about current issues with COVID-19 or other issues where pressure may be from social and economic, regulatory, or environmental matters. Call them on **0800 237 438** anytime between 7am-10pm, or if outside these hours **dial/text 1737**. Don't forget though in case of an emergency crisis dial 111. You can also view their webpage and services at www.guardsafety.co.nz

Other wellbeing and mental health service contacts

Lifeline - 0800 54 33 54

Depression Helpline - 0800 11 17 57

0800 WHATSUP - 0800 94 28 78

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