

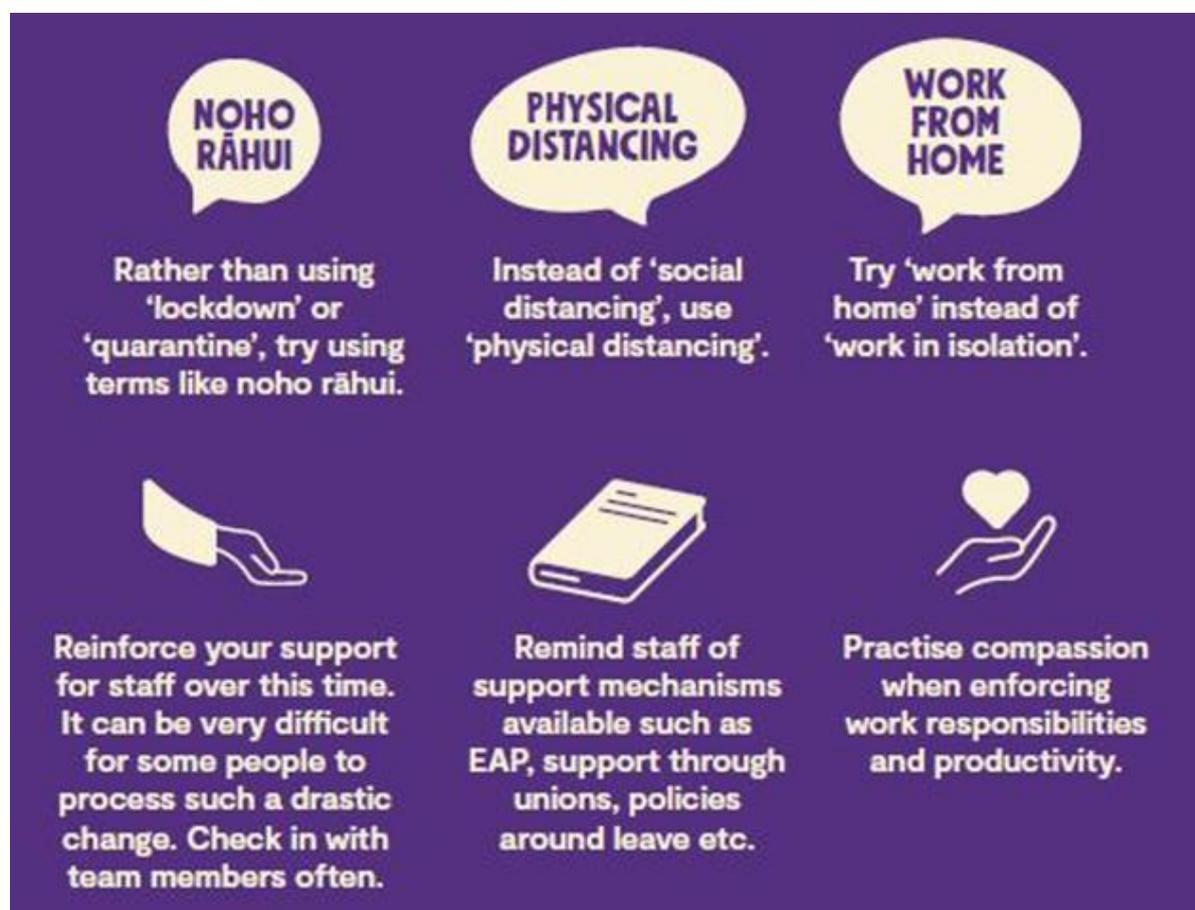
## PRRA Staff Daily Update – Wednesday 6 May 2020

Hi everyone – Hope all is well in your bubble!

### Workplace Guide

The Mental Health Foundation of New Zealand has put together a workplace guide which covers topics such as the impact of how to talk about Covid-19 with employees, looking after staff wellbeing during noho rāhui/lockdown, and how to respond to mental distress. It also provides links to further tools, support and resources to help you and your colleagues get through Covid-19, together.

<https://www.mentalhealth.org.nz/get-help/getting-together/workplace-wellbeing/>



The infographic is a purple rectangle divided into three vertical columns. Each column has a yellow speech bubble at the top containing a key term. Below each speech bubble is a short paragraph of advice. At the bottom of each column is a yellow icon: a hand holding a card, a book, and a hand holding a heart.

| <b>NOHO RĀHUI</b>   | <b>PHYSICAL DISTANCING</b>   | <b>WORK FROM HOME</b>   |
|---|--|---|
| Rather than using 'lockdown' or 'quarantine', try using terms like noho rāhui.  | Instead of 'social distancing', use 'physical distancing'.   | Try 'work from home' instead of 'work in isolation'.                                  |
|    |                           |  |
| Reinforce your support for staff over this time. It can be very difficult for some people to process such a drastic change. Check in with team members often. | Remind staff of support mechanisms available such as EAP, support through unions, policies around leave etc. | Practise compassion when enforcing work responsibilities and productivity.            |

## QUIZ

### Answers to Tuesday's Quiz

#### MATHS

1. What is four-fifths as a decimal?  $0.8$
2. What is the volume of a cube which has edges measuring 5cm?  
 $125\text{cm}^3$  (centimetres cubed)
3. How many months are there in twelve years?  $144$
4. What is the next number in the series: 2, 9, 30, 93, ...?  
 $282$  (multiply the previous number by three and then add three)
5. If  $y=10x - 1$  and the value of  $x$  is 10, what is the value of  $y$ ?  $99$
6. If a recipe requires 400 grams of potatoes for four people, how many kilograms would be required for twelve people?  
 $1.2\text{kg}$  (Note difference in measurement – question given in grams and answer requires conversion to kilograms)
7. A dress has a thirty percent discount applied and is on sale for \$63. What was the original price of the dress before the reduction?  $\$90$
8. Geoff thinks of a number. He deducts five from it and then divides the result by three. His answer is 25. What number did he start with?  $80$
9. What is nine-tenths of 2000?  $1800$
10.  $3 - 7 \times 4 = ?$   $-25$  (minus 25 – multiplication should be completed before subtraction)

### Today's Quiz Questions (out of 10)

A free quiz from <https://www.readymadepubquiz.com>

Please note down your answers and you can score yourself when the answers come out in the next update. Please No Googling - Good luck!

## TRUE OR FALSE

This true or false round is all about Guinness World Records. Simply answer true or false. All answers are verified by the Guinness World Records website. As records are broken all of the time (and the site itself states that records may sometimes need updating), I have included the date of the record in brackets after the questions.

1. A man from the USA consumed his 26,000th Big Mac on 11th October 2012, after eating at least one a day for forty years. (11th October 2012)
2. The longest distance swam underwater in one breath is 200metres. (6th November 2008)
3. The fastest time to eat 15 Ferrero Rocher is 1 minute 10 seconds. (24th October 2014)
4. The record for most needles inserted into the head is 15,000. (11th June 2013)
5. The world's longest legs belong to a Russian lady and measure 132cm (51.9 inches) (8th July 2003)
6. The heaviest aircraft pulled by a single man weighed 188.83 tonnes and was pulled 8.8 metres. (17th September 2009)
7. The record for the fastest time to solve a Rubik's Cube one-handed is 37 seconds. (26th April 2014)
8. The world's tallest living man is 251cm / 8 ft 3 in. (9th February 2011)
9. The most expensive car number plate, showing only the number '1', was bought in the United Arab Emirates for 52.2 million dirham, the approximate equivalent of £7.2 million. (16th February 2008)
10. The record for the longest rail tunnel is held by the Channel Tunnel between Britain and France. (15th October 2010)

Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from the current outbreak that eating garlic has protected people from the new coronavirus (2019-nCoV)

Can eating garlic help prevent infection with the new coronavirus?

World Health Organization #2019nCoV

Take care everyone and stay safe!  
Best regards  
Michelle