

Isolating at Home

Getting prepared

COVID-19 is in our community and we need to be prepared to go into isolation if one of our whānau comes in contact with Covid-19 .
Take time to kōrero and plan now, so you and your whānau know what to do.



Make a whānau plan

Kōrero

- ✓ About COVID and what it means if someone in your whare tests positive.
- ✓ If you or someone in your whare test positive you will all need to isolate for at least 10 days. The positive person needs to isolate separately from the rest of the whānau. Can you do this safely?
- ✓ Who will take care of tamariki and anyone else needing care? What do they need to know?
- ✓ Who in the whānau outside of the whare, can support, by checking in via phone or text, assisting with shopping and other needs.
- ✓ How you will isolate safely in your whare if one of you test positive?

Plan

- ✓ Prepare an isolation space in your whare. This means a separate bedroom and bathroom if possible.
- ✓ Have a plan in place to arrange safe contactless drop offs of food and other items to your whare.
- ✓ Make a list of people who regularly visit your whare, like friends and neighbours, so you can call or text and advise you are isolating.
- ✓ Have signs ready to place on your door.
- ✓ Register with a GP clinic nearby if you dont have a doctor.
- ✓ Get vaccinated.



Whilst Isolating you MUST NOT

- ✗ leave the place where you are isolating
- ✗ go to work, school or public places
- ✗ go on public transport or use taxis
- ✗ go out to get kai and medicine
- ✗ go and get vaccinated
- ✗ have visitors in your home except health workers who are providing essential care to you or someone in your whare



Prepare a Covid-19 Isolation Kit

The following items may be helpful in a kit.

- ✓ Thermometer or Pulse Oximeter
- ✓ Paracetamol
- ✓ Heat and cool packs
- ✓ Iceblocks
- ✓ Electrolytes
- ✓ Vicks or eucalyptus for steaming
- ✓ Saline nasal rinses/sprays
- ✓ Kawakawa or other balms
- ✓ Throat spray/lozenges