

OUR COVID-19 SELF-ISOLATION PLAN

TŪ AKE NEI!
COVID-19

Have the kōrero – make a plan!

Being ready helps to keep us all safe. If someone in your household gets COVID-19, your whole household will need to isolate until everyone has fully recovered (3 days symptom-free). Omicron spreads fast - everyone in the house may catch the virus. So be ready, make a plan and have that kōrero with your whānau.

WHAT YOU NEED TO PLAN FOR

- *Getting food and supplies* — organise with friends, whānau or neighbours to do contactless drop offs.
- *Mahi work and/or kura school(s)* — prepare to work and/or study from home.
- *What happens with children, other dependants, or shared custody arrangements?*
- *If you require care services* — decide if you need to isolate together.
- *How will you try and minimise the spread* to household members who are not unwell?
- *Find activities* to help pass the time.

KNOW AND SHARE YOUR PLANS

- *Kōrero together* — ensure everyone in the household, including kids, knows what will happen when you need to isolate.
- *Share plans with those supporting* and helping you (or who you are supporting).
- *Display your plans* — Keep your plans somewhere easy to find and where you will see them regularly. Hanging them on the fridge is a great idea.

IN CASE OF EMERGENCY

- Most of us can recover safely at home. **If you need advice or your symptoms worsen**, call your doctor, health provider or Healthline on 0800 358 5453.
- **If you are having trouble breathing**, call 111 immediately.
- **Have personal information ready**, including: full names, birth dates/ages, NHI numbers, medical conditions and prescriptions, GPs/health providers and other emergency contact details
- **Prepare instructions for pets, plants or paying bills**, just in case you need to recover away from home.

STAY CONNECTED

- *Stay connected* — arrange regular catch-ups with your whānau, friends and community. If you are isolating, make sure these are online or by phone.
- *Support your friends, whānau and workmates* to make their plans to get ready.
- *What is your community is doing* — is there a group making meals to freeze, sharing planning tips, or just staying in the know?

Need To Isolate?

CHECKLIST

Get these things ready to isolate

- Tissues
- Soap
- Sanitiser
- Masks
- Cleaning products & gloves
- Paracetamol and/or ibuprofen
- Drinks and other medications that help with cold and flu-like symptoms, like lemon tea with honey, cough syrup
- Practice healthy habits like coughing/sneezing into elbow and washing hands to reduce the spread of germs.
- Rubbish bags (try have separate bags for tissues before putting in main rubbish bags)
- Could ventilation be improved? Opening windows will help to get rid of the virus.

FEELING SICK?

Ways to feel better if you're māuiui

For tiredness, fever, aches and pains:

- Get plenty of sleep and rest to help your body recover
- Stay hydrated by drinking plenty of fluids
- Take medication like paracetamol or ibuprofen

For coughs, sore throats or blocked noses, try:

- Hot lemon and honey or kawakawa tea
- Saltwater gargling
- Chest vapour rubs
- Nose and throat treatments, like sprays
- Cough syrup or soothing lozenges

ANXIOUS OR STRESSED?

Look after your mental wellbeing

- Try to be kind and gentle with each other as isolating together for some weeks may have its ups and downs
- Acknowledge your feelings — becoming anxious or stressed is a normal response when times get challenging
- Try and stick to routines where possible
- Put a limit on any time online and get some fresh air
- If you start to feel overwhelmed, speak with a trained counsellor any time, day or night – free call or text on 1737
- For more advice:
[Covid19.govt.nz/mental-wellbeing](https://www.covid19.govt.nz/mental-wellbeing)

Contacts for support services

- COVID-19 Healthline: 0800 358 5453
- Healthline (other health matters): 0800 611 116
- Health advice for babies or children
PlunketLine: 0800 933 922
- Family Services: 0800 211 211
- Mental health support: call or text 1737
- Alcohol Drug Helpline: 0800 787 797
- Work and Income: 0800 559 009
- Rural Support Trust: 0800 787 254
- Business support: North Island 0800 500 362
and South Island 0800 505 096