

My COVID-19 Plan

COVID-19 is a virus that can make people sick.

COVID-19 is sometimes called:

- Coronavirus
- The Delta variant
- Omicron

Most people who get COVID-19 will:

- not need to go to the hospital
- be able to self-isolate safely at home



When you self-isolate it means you have to:

- stay at home while you are sick
- keep away from people
- not have visitors
- not go out until you get told that you can

IF YOU FEEL SICK CALL YOUR DOCTOR OR HEALTHLINE (0800 611 116)

FOR URGENT HELP OR IF YOU HAVE TROUBLE BREATHING CALL 111

It is important to have a plan so you are ready in case you need to self-isolate.

This sheet will help you to think about what you need at home to be ready.

Turn over and you will see a checklist for your plan.

You can ask someone to support you with filling it out.

Find out more at [Covid19.govt.nz](https://www.covid19.govt.nz)

Unite
against
COVID-19

Things I will need to stay at home

Tick the things you will need



Food



Things for baby



Pet food



Extra Medicine



Tissues



Face Masks



Plastic gloves



Soap or Sanitiser



Cleaning things



Rubbish bags



Pads or tampons



Hearing aid batteries

Things that will help me feel better

Tick the things you will need



Blankets



Ice blocks



Money on my phone



Someone to talk to



Things to do



Things to watch

Who can help you if you need a contactless delivery?



Share your plan with someone you trust.

COVID-19: Our Isolation 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 a kōrero.

→ 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).

→ 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

We are all in this together, and we will get through together.

- 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.
- Find out what your community is doing – is there a group making meals to freeze, sharing planning tips, or just staying in the know?

Checklist: Get things ready to isolate

* check expiry dates and follow instructions, especially with medications

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

→ Ways to feel better if you're māiuiui unwell

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

→ Looking 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

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| <ul style="list-style-type: none">• COVID-19 Healthline: 0800 358 5453• Healthline: 0800 611 116 (for advice on other health matters)• PlunketLine: 0800 933 922 (for health advice regarding babies or children)• Family Services: 0800 211 211 | <ul style="list-style-type: none">• 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 |
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For more information, head to: [Covid19.govt.nz](https://www.covid19.govt.nz)