

Monitor your symptoms



Most people with COVID-19 can safely recover at home, with help from friends and whānau.

If you start to feel worse, or you need medical advice, call your local healthcare provider or Healthline on **0800 358 5453**.

If it is an emergency, and you need urgent medical help, call **111**

Other help is available if you need it



The COVID-19 welfare line (**0800 512 337**) is available 8am to 5pm weekdays and 8am-1pm weekends and public holidays.

If you need help paying for essential things like food and rent, Work and Income **www.workandincome.govt.nz** may be able to help, even if you aren't already receiving a benefit.

The Unite Against COVID-19 website has information about COVID-19 and useful services for disabled people **covid19.govt.nz**

For more information, head to:



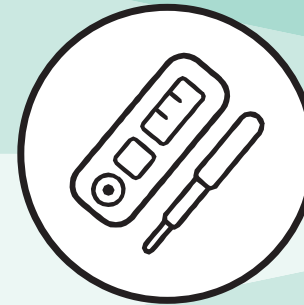
What to do when you have COVID-19 symptoms

If you feel unwell, get a COVID-19 test

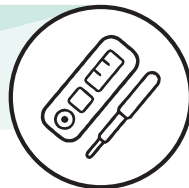
COVID-19 phone line for disabled people 0800 11 12 13

People with COVID-19 can feel like they have a cold or flu. Common symptoms are runny nose, sore throat, cough, fever, feeling very tired, shortness of breath, or losing sense of taste or smell. You may have all these symptoms, or only some of them.

Stay home if you're sick. If you feel unwell, it's important to get tested.



How to get tested



You can request and pick up a Rapid Antigen Test (RAT) kit, or someone can get it on your behalf. This is an easy-to-use service with pick up centres around the country.

If you cannot travel to get a test, one can be delivered to you.

Order a test online at requestrats.covid19.health.nz or Free call 0800 222 478 and choose option 3

You can do a Rapid Antigen Test (RAT) at home, either by yourself or with the help of family, whānau or a support person.

You can also arrange for a doctor or nurse to do a test for you, or you can go to a testing centre.

Find your nearest testing centre at www.healthpoint.co.nz/covid-19

A RAT test will show your result within 15 minutes. It is important to record your test result.

Managing COVID-19 at home



If you test positive for COVID-19 you must self-isolate for seven days by staying at home, and away from other people if possible.

If you need someone to assist you with personal cares, they are still able to do this but must follow clear infection prevention and control guidance, including wearing a mask; maintaining hand hygiene; and working in a well-ventilated environment.

There are medicines available to help treat COVID-19. If you have health issues or long-term conditions talk to your doctor or healthcare provider as soon as possible.

Record your test results



You can record your RAT result in My COVID Record mycovidrecord.health.nz or call 0800 222 478 (option 3) to report it over the phone.

Someone else can report the RAT test for you

If you recorded your positive test result in My COVID Record, and have a mobile phone, you'll receive a text from the Ministry of Health (2328 or 2648).

The text includes links to

- the COVID-19 Health Hub, a data-free website with the latest information about what to do next, and how to monitor your symptoms **covid19.health.nz**
- a form with questions about your health and wellbeing. If you need help completing the form, you can call **0800 555 728** or email **help@tracingform.min.health.nz**

If you do not have a mobile, you may be given your test results over the phone, or by the person taking the test. This could be your doctor, nurse, or someone from the Care Coordination Hub. The Care Coordination Hub links people to health and support providers in their community

Any questions or need extra help?



COVID-19 phone line for disabled people

0800 11 12 13

RAT helpline

0800 222 478 (option 3)

COVID + Assessment helpline

0800 555 728