

How to have a safe-as summer

COVID is in our community, so we still need to play it safe.

➔ BEFORE YOU LEAVE ON HOLIDAY

- Make a plan for if you test positive for COVID, and need to isolate or change your holiday plans at short notice.
- Get up to date with your vaccinations and boosters.
- Make sure you have a full supply of all your regular medications.
- Reschedule any health appointments to before or after your holiday.
- Find out where you can access health services when you're away.

➔ WHAT TO TAKE WITH YOU

- Take enough RATs for the whole whānau (5 per person).
You can request free COVID RAT kits here: requestrats.covid19.health.nz
- Pack a supply of masks.
- Keep hand sanitiser close by.

➔ IF YOU FEEL UNWELL

- If you feel unwell, take a RAT test.
- If you test positive, you will need to self-isolate for 7 days.
- Keep your distance from others in your whare if you can.
- Get antiviral medication if you're eligible, find out if you're eligible here: covid19.govt.nz/medicines or speak to your doctor or pharmacist.
- Find the nearest pharmacy that provides antivirals here: healthpoint.co.nz

STAY SAFE

Consider wearing a mask when you are out in public, especially in crowded spaces.

Practise good hygiene. Wash your hands regularly with soap and water or sanitise.

Spend time outdoors or in places with good airflow, especially in groups or when eating.

HOW TO GET HELP

Free COVID health advice is available 24 hours a day, 7 days a week from Healthline. Call 0800 358 54 53 or visit covid19.health.nz/advice.

Call Healthline on 0800 611 116 for health advice. Interpreter support is available.

A dedicated COVID disability helpline is also available 24 hours a day, 7 days a week. Call free on 0800 11 12 13 or text 8988 for help.

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