

COVID-19: Isolation Plan



Being ready helps to keep us safe

If you have cold or flu-like symptoms, test for COVID-19 using a rapid antigen test (RAT). If positive, you will need to isolate for 7 days. Your Household Contacts should test daily for 5 days, but they do not have to isolate unless they test positive. Being prepared ahead of time will help to reduce any stress, so make a plan and have a kōrero.

→ WHAT YOU NEED TO PLAN FOR

- Getting food and supplies – other people in your home can get food and supplies as they do not need to isolate. You can also ask 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, tell them that you are self-isolating.
- How will you try and minimise the spread to household members who are not sick?
- 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"/> Santiser | <input type="checkbox"/> Practice healthy habits like coughing and sneezing into your elbow and washing hands to reduce the spread of germs |
| <input type="checkbox"/> Masks | <input type="checkbox"/> Could ventilation be improved? Opening windows will help get rid of the virus |
| <input type="checkbox"/> Cleaning products and 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 māuiui 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 as isolating 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 |
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