

# What to expect when self-isolating

## Health, welfare and wellbeing checks

If you're feeling nervous or unsure about what the next few weeks will look like, kei te pai (all good). Everyone who starts home isolation feels this way – it's totally normal. While you are isolating at home, you'll have a designated contact person who will check up on you regularly to make sure that you and your whānau are safe.

### Within the first 24 hours of getting your test result

- Your health, welfare and wellbeing needs are discussed, with immediate supports and information provided. This could be with your GP, a social and wellbeing provider, a kaupapa Māori or Pacific provider, or the public health unit.

If you are isolating and need support, you can call the COVID Welfare Phone Line on **0800 512 337**. It's open seven days a week.

Remember if at any time you need urgent medical help or are having difficulties breathing, call **111** immediately. Tell them you have COVID-19 when you ring.

### Within the first 48 hours of getting your test result

- If you can safely stay in your home, you will receive a care pack containing advice on self-care and path to recovery. It may include a pulse oximeter if you need one.

### From 48 hours onwards

- Ongoing assessments of your welfare and wellbeing needs
- Frequency of health checks will vary, depending on your symptoms and recovery:
  - If you are at low risk of experiencing severe COVID-19 infection and have mild symptoms, you are likely to be monitored every other day via telehealth.
  - If you have moderate symptoms or are considered more at risk, you will receive a daily virtual health check from your health provider.
- Others in your household will need to be tested regularly to check whether they have COVID-19. You will be advised when, how and where this needs to be done.

### Days 10-14

- You will have a health assessment by a medical practitioner at 10 to 14 days (the timing depends on if you are vaccinated).
- You will need to be free of COVID-19 symptoms for the 72 hours prior to your release date and continue to have no symptoms. If approved, you will be able to leave your house the next day.
- You do not need to be tested. If you did, the result would likely show as positive but that doesn't mean you are infectious.

### Beyond 10-14 days

- Anyone you live with will need to stay home for the entire time you (and anyone else in your household who tests positive) are isolating.
- Once the last case has been released from isolation, the remaining members of the household will have a further period of 10 days in isolation. This means they will need to isolate for longer than you.

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