

Have a plan for COVID-19 this summer

As Kiwis travel around the country this summer we may see an increase in COVID-19 in our communities.

Some people may get COVID-19, even if vaccinated and following the rules. Vaccinated people are less likely to develop serious illness and less likely to be hospitalised.

If you are heading away over summer, it's important you and your whānau have a plan for what you will do if anyone tests positive for COVID-19.

Before you travel

- Get your whānau together before you head away to talk about the plan and make sure everyone knows what might happen if someone gets COVID-19 on the trip.
- Take your family's important health information with you. Make a list of everyone's names, ages, national health index numbers (NHI), and any medical conditions and prescriptions your family has, and make sure you take enough medication with you, plus extra in case you end up having to isolate while away. Make sure you have sorted out any prescriptions before you head away.
- If you are unwell, stay at home (or where you are) and contact Healthline on **0800 358 5453** for advice and to arrange to get tested. If you test positive, a care co-ordinator will be in touch to provide advice and information, and discuss your care and welfare needs.
- If you are away from home, this discussion will include whether it is safe for you to return home to self-isolate or if you will need to self-isolate where you are.

If you need to return home to self-isolate:

- Plan your route home in advance, avoiding contact with other people as much as possible.
- Ensure you can safely access supplies for the journey home, including food, drinks, and treatments for any COVID-19 symptoms, on a contactless basis.
- If possible, aim to refuel at contactless petrol stations along your route.

If you're asked to remain in place:

- If you must extend your stay at your holiday location, or go to alternative accommodation at your holiday location, it may cost you extra.
- Make sure you have enough money to cover extra time away from home.
- Work out who will be able to look after your house and pets and ask them in advance if they can help out.
- Pack enough entertainment and games to help pass the time in isolation.
- Make sure your phone, data and streaming subscriptions are up to date, so you can stay in touch and connected.

Remember, if you or whānau are feeling unwell or have any symptoms before you go away, stay home and get tested.

If you need any health advice while away, ring Healthline free anytime by dialling 0800 611 116.



Find out more at **Covid19.govt.nz**

Te Kāwanatanga o Aotearoa
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**Unite
against
COVID-19**