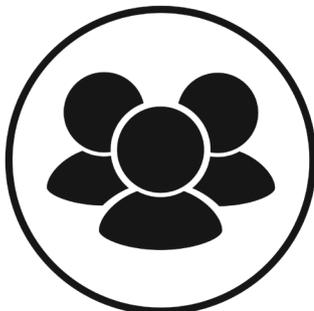


Be prepared for COVID-19

Tip sheet

Protecting yourself and your whānau:



COVID-19 can spread easily from person to person.



It can make some people very sick.



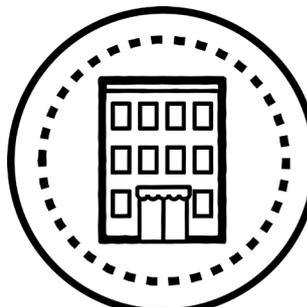
Getting vaccinated means you're less likely to catch COVID-19.



If you do get COVID-19, you're less likely to get really sick or pass it on to others if you get vaccinated.



If you have any of the main symptoms call your doctor or COVID-19 Healthline on 0800 358 5453.



If you test positive for COVID-19 you will be required to isolate at home or in alternative accommodation to help keep your whānau, family and community safe.

If you get tested:



Act as if you have COVID-19, even if you're fully vaccinated.



Go straight home. Do not stop at supermarkets, dairies, or anywhere else.



Stay at home until you get your negative result.



Do not share food or dishes with the rest of your family.

Be prepared for COVID-19

Tip sheet

If you have COVID-19:



You will need to stay at home and isolate for at least 10 complete days.



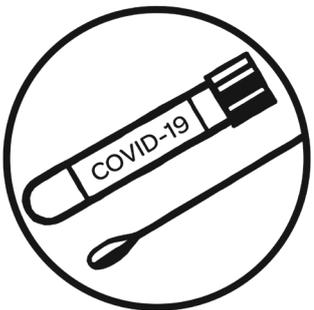
Everyone in your household will also need to stay at home, even if they have been vaccinated.



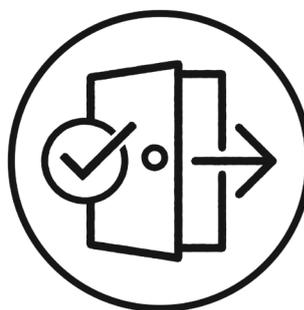
A health or manaaki team will be in touch with you regularly to find out how you are feeling and what you need.



You will receive a pack with what you need to monitor your health.



You will be tested twice during your isolation.



A health professional will decide when you and your bubble can leave your home again.

It is important to start planning with your whānau now.

If someone in your household gets COVID-19, you will all need to isolate for at least 10 days or even longer if someone else in the household catches the virus. Even once you have recovered, the rest of the household will still have to isolate for a further 10 days.

Stocking up on food, cleaning supplies and anything else you need, and knowing who to call for help will make isolating safer and less stressful.

Call Healthline on 0800 358 5453 if you have questions or to organise a test.

If at any time you find it hard to breathe, your symptoms worsen quickly or you are seriously concerned for your safety or wellbeing, call 111 immediately.