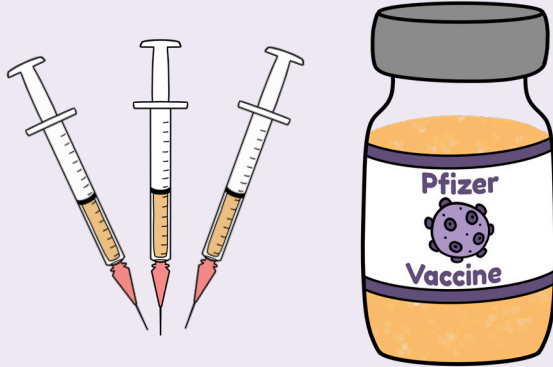


# WHAT TO EXPECT IF YOU GET OMICRON

UPDATED 12 MARCH 2022 12:00AM



**PREPARE  
PACIFIC**



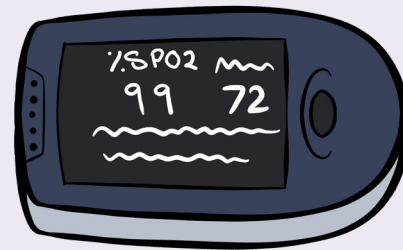
Most people who have had three doses of the vaccine will only have a mild illness and recover in a few days, and some people have no symptoms at all.



Try to rest as much as possible and drink plenty of fluids. If you need pain relief or have a high fever, use paracetamol according to the instructions on the package. Continue to take your usual medication.



If you have tested positive for Covid-19, it's important you don't leave the house for 7 days unless it's to get a Covid test or for urgent medical attention. If people come to drop off food or support, it's important you don't mix with them.



Start your daily health diary. This may include measuring the oxygen levels in your blood and your heart rate using the pulse oximeter if you have one.

**If you or a family member becomes very unwell or has difficulty breathing, immediately call an ambulance on 111. There is no cost to use the ambulance.**

For more information contact  
**HEALTHLINE 0800 358 5453 [www.preparepacific.nz](http://www.preparepacific.nz)**