

WHAT TO EXPECT IF YOU GET OMICRON



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SYMPTOMS DAY 7-8



For people with mild illness, the worst is generally over after a week. Some people may get worse at this point, or start to feel better briefly then feel worse again.



If you start to feel worse

- In an emergency - call 111 immediately for an ambulance (this is free)
- Otherwise call your GP
- Call the Healthline on 0800 358 5453 (free to call, 24 hours a day)

SYMPTOMS DAY 8-10

YOUR HEALTH DIARY

- For each symptom, write down if you feel: Better (B), the Same (S) or Worse (W) than the previous day.
- In the last row, give yourself a number out of 10 as to how you feel overall, where 10 is well and 1 is very unwell.

DAY / DATE	1:			2:			3:			4:			5:		
	AM	NOON	PM	AM	NOON	PM	AM	NOON	PM	AM	NOON	PM	AM	NOON	PM
TROUBLE BREATHING															
COUGH															
THIRSTY															
HEADACHE															
SORE THROAT															
FEVER / CHILLS															
TIREDFNESS															

Continue to monitor your symptoms and record them in your health diary. You may be able to breathe better and feel better if you sleep on your front/ stomach or side.

LEAVING ISOLATION



You can leave home after your isolation period of 7 days ends, provided you have no symptoms. Most people will feel better by now. Some people feel more tired than usual.

A slow return to activity is advised. If you have ongoing severe symptoms, call healthline or your GP.

For more information contact
HEALTHLINE 0800 358 5453 www.preparepacific.nz