

ISOLATING AT HOME WITH COVID-19 IN AUCKLAND

Updated 1 March 2022



Unite
against
COVID-19

STAY IN YOUR HOME



You and everyone you live with needs to stay home. Do not leave your property for any reason, unless told to do so by a health professional or in an emergency if you have called 111.

Try and stay away from others in your home if possible.

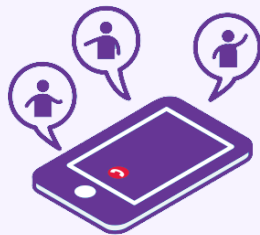
IN AN EMERGENCY CALL 111

If you or someone you live with becomes very unwell call 111 immediately. Get help if you have difficulty breathing, chest pressure, are unable to stand, or have severe dizziness, drowsiness or confusion.

There is no cost to use the ambulance.

WHO SHOULD YOU TELL?

- Your employer
- Your child's school or Early Learning Service
- Friends, family and others you've spent time with recently
- Any organisations or services you attended indoors for more than 15 mins (e.g. your church)



Tell people you've seen recently to watch for symptoms. If they start to feel unwell they should get a test and stay home until they receive a negative result and have been symptom free for 24 hours.

You'll be sent a form to share information on other places you've been recently. Filling this in will help prevent the spread of COVID-19.

They can visit www.closecontact.nz for more information.

WHAT TO EXPECT



Most vaccinated people will have a mild illness for a few days. Some will have no symptoms at all.

If you are worried or have underlying health conditions, call your GP or Healthline on 0800 358 5453.

MEDICATION

If you need any medication contact your GP and tell them you are in home isolation. Ask them to send your prescription to a pharmacy, who will deliver it to you for free.

STAY CONNECTED

Because you can't have visitors while you isolate at home, reach out to a friend or family member who can check on you by phone or text message every day. This is especially important if you live alone.

HOW LONG DO I NEED TO ISOLATE FOR?

- You can leave home isolation after 7 days.
- If your symptoms do not go away or get worse call your GP or Healthline.



MY HOUSEHOLD BUBBLE

People you live with have to remain at home while you are isolating too. They need to get tested on Day 3 and Day 7 of your isolation period, or if they develop symptoms. This is to check if they have COVID-19 too.



They can visit www.closecontact.nz or call Healthline on 0800 358 5453 for more information on what to do next.

FOOD & ESSENTIAL SUPPLIES

If you can, order your groceries and supplies online, or ask others to do a contactless delivery.

If you need help with food or other supplies, contact the COVID-19 Welfare line: 0800 512 337.

WORK AND FINANCES

Your employer (or you, if self-employed) may be able to apply for additional support.

If you need financial support, contact the COVID-19 Welfare line: 0800 512 337.

IF YOU FEEL THAT YOU ARE NOT COPING

- **Need to Talk?** – call or text 1737 any time for support from a trained counsellor
- **Lifeline** – call 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)
- **Youthline** – call 0800 376 633, free text 234



STILL HAVE QUESTIONS?



Call Healthline on 0800 358 5453

Visit www.whanauhq.nz for more information on home isolation.