

# COVID-19: Our Isolation Plan

## Being ready helps to keep us all safe

If someone in your household gets COVID-19, your whole household will need to isolate until everyone has fully recovered (3 days symptom-free).

Omicron spreads fast - everyone in the house may catch the virus.

So be ready, make a plan and have a kōrero.

### → WHAT YOU NEED TO PLAN FOR

- Getting food and supplies – organise with friends, whānau or neighbours to do contactless drop offs.
- Mahi work and/or kura school(s) – prepare to work and/or study from home.
- What happens with children, other dependants, or shared custody arrangements?
- If you require care services – decide if you need to isolate together.
- How will you try and minimise the spread to household members who are not unwell?
- Find activities to help pass the time.

### → KNOW AND SHARE YOUR PLANS

- Kōrero together – ensure everyone in the household, including kids, knows what will happen when you need to isolate.
- Share plans with those supporting and helping you (or who you are supporting).

### → IN CASE OF EMERGENCY

- Most of us can recover safely at home. If you need advice or your symptoms worsen, call your doctor, health provider or Healthline on 0800 358 5453.
- If you are having trouble breathing, call 111 immediately.
- Have personal information ready, including: full names, birth dates/ages, NHI numbers, medical conditions and prescriptions, GPs/health providers and other emergency contact details
- Prepare instructions for pets, plants or paying bills, just in case you need to recover away from home.

### → STAY CONNECTED

We are all in this together, and we will get through together.

- Stay connected – arrange regular catch-ups with your whānau, friends and community. If you are isolating, make sure these are online or by phone.
- Support your friends, whānau and workmates to make their plans to get ready.
- Find out what your community is doing – is there a group making meals to freeze, sharing planning tips, or just staying in the know?

## Checklist: Get things ready to isolate

\* check expiry dates and follow instructions, especially with medications

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| <input type="checkbox"/> Tissues   | <input type="checkbox"/> Paracetamol and/or ibuprofen   |
| <input type="checkbox"/> Soap  | <input type="checkbox"/> Drinks and other medications that help with cold and flu-like symptoms, like lemon tea with honey, cough syrup |
| <input type="checkbox"/> Sanitiser   | <input type="checkbox"/> Practice healthy habits like coughing/sneezing into elbow and washing hands to reduce the spread of germs.     |
| <input type="checkbox"/> Masks   | <input type="checkbox"/> Could ventilation be improved? Even opening windows will help to get rid of the virus.                         |
| <input type="checkbox"/> Cleaning products & gloves  |   |
| <input type="checkbox"/> Rubbish bags (try and have separate bags for tissues before putting in main rubbish bags) |   |

## → Ways to feel better if you're māuiui unwell

For tiredness, fever, aches and pains:

- Get plenty of sleep and rest to help your body recover
- Stay hydrated by drinking plenty of fluids
- Take medication like paracetamol or ibuprofen

For coughs, sore throats or blocked noses, try:

- Hot lemon and honey or kawakawa tea
- Saltwater gargling
- Chest vapour rubs
- Nose and throat treatments, like sprays
- Cough syrup or soothing lozenges

## → Looking after your mental wellbeing

- Try to be kind and gentle with each other as isolating together for some weeks may have its ups and downs
- Acknowledge your feelings – becoming anxious or stressed is a normal response when times get challenging
- Try and stick to routines where possible
- Put a limit on any time online and get some fresh air
- If you start to feel overwhelmed, speak with a trained counsellor any time, day or night -free call or text on 1737
- For more advice: [Covid19.govt.nz/mental-wellbeing](https://www.covid19.govt.nz/mental-wellbeing)

## → Contacts for support services

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| <ul style="list-style-type: none"><li>• COVID-19 Healthline: 0800 358 5453</li><li>• Healthline: 0800 611 116 (for advice on other health matters)</li><li>• PlunketLine: 0800 933 922 (for health advice regarding babies or children)</li><li>• Family Services: 0800 211 211</li></ul> | <ul style="list-style-type: none"><li>• Mental health support: call or text 1737</li><li>• Alcohol Drug Helpline: 0800 787 797</li><li>• Work and Income: 0800 559 009</li><li>• Rural Support Trust: 0800 787 254</li><li>• Business support: North Island 0800 500 362 and South Island 0800 505 096</li></ul> |
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For more information, head to: **[Covid19.govt.nz](https://www.covid19.govt.nz)**