

Managing symptoms

If you need health advice contact the place you normally get care like your GP or ring Healthline on 0800 358 5453.

Have personal information ready, including: full names, birth dates/ages, NHI numbers, medical conditions and prescriptions, GPs/health providers and other emergency contact details.

COVID-19 can make you feel unwell. Take it easy, rest and recover

To help reduce symptoms, you can use over the counter medications including pain killers, cough syrup and chest rubs.

If you need urgent medical help or cannot breathe properly, call emergency services on 111.

For more information, head to:



[Covid19.govt.nz](https://www.covid19.govt.nz)



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Keep up healthy habits



Testing positive for COVID-19

Te Kāwanatanga o Aotearoa
New Zealand Government

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COVID-19



Isolating when someone in our household tests positive significantly helps to slow the spread of COVID-19.

Slowing the spread will protect our vulnerable populations and ease the pressure on our healthcare system.



Rapid Antigen Tests (RAT)

- Follow the packet instructions.
- Results will be visible 20 minutes after you complete your test.
- Support to carry out a test or to understand the results is available on 0800 358 5453.



Steps if you test positive

If you're positive, everyone else in your household becomes household contacts and you need to isolate together for at least 10 days.

1. Report your own RAT result on *My COVID Record* or call 0800 222 478.
Note: If you got a supervised test at a Community Testing Centre or other health provider, the result will turn up on your *My COVID Record*.
2. You will receive a text message within 24 hours with a unique code to access an online form. This form helps to identify if you require additional health support, welfare support, and for contact tracing purposes.
3. While isolating, your household contacts will need tests on day 3 and day 10. You can find information on tests for household contacts at [Covid19.govt.nz/positive](https://www.covid19.govt.nz/positive).
4. If a household contact tests positive, they will need to keep isolating for another 10 days (starting from the day of their test result). But you can leave isolation once you have completed your 10 days.



What to do when isolating

- Food and supplies must be delivered contactlessly. This can be organised online through many supermarkets and businesses, or ask friends, whānau or neighbours to help.
- Advise others that your household has COVID-19 and is isolating. This includes regular visitors, your work place, education provider or school.
- You can exercise outside your home in your neighbourhood, but not at any shared exercise facility, such as a swimming pool or gym.
- Keep surfaces clean, and open windows to increase ventilation and airflow.



Support while isolating

If your whānau need extra support while you are self-isolating, Work and Income may be able to help with:

- money to pay for urgent and essential costs, like food, medicine and some bills
- supplies delivered to you
- support from community groups, iwi and Pacific groups in your area.

For more information, call the COVID Welfare Line on 0800 512 337.

Employment financial support

If you will need to take time off work for isolation, your employer may be able to get Leave Support to help them keep paying you.

Mental wellbeing

Look after your mental wellbeing. If you want to, you can speak with a trained counsellor any time, day or night – free call or text on 1737.

For information on all support that is available, go to: [Covid19.govt.nz/positive](https://www.covid19.govt.nz/positive).