

# COVID-19: Our Isolation Plan

## Being ready helps to keep us all safe

Omicron is spreading fast throughout New Zealand. If someone in your household has cold or flu-like symptoms, test using a Rapid Antigen Test (RAT). If positive, you will need to isolate together for at least seven days.

However, being prepared ahead of time will help to reduce any stress - so 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

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

## → 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

- COVID-19 Healthline: 0800 358 5453
- Healthline: 0800 611 116 (for advice on other health matters)
- PlunketLine: 0800 933 922 (for health advice regarding babies or children)
- Family Services: 0800 211 211
- Mental health support: call or text 1737
- Alcohol Drug Helpline: 0800 787 797
- Work and Income: 0800 559 009
- Rural Support Trust: 0800 787 254
- Business support: North Island 0800 500 362 and South Island 0800 505 096

For more information, head to: **Covid19.govt.nz**