

ISOLATING AT HOME WITH COVID-19 IN AUCKLAND



Testing positive for COVID-19 can be worrying, and it's normal to feel unsure about what this means for you, your whānau, and the people you live with.

The following information will help you to look after yourself and your loved ones while you are isolating at home.

RECORD YOUR POSITIVE RESULT

If you have tested positive using a Rapid Antigen Test (RAT), please go to mycovidrecord.health.nz to record your positive result, or call **0800 222 478** and choose option 3.

This helps us to identify any additional support that you may need.



HOW LONG DO I NEED TO ISOLATE FOR?

- You will need to isolate for **7 days**. You can leave home quarantine on **day 8**, as long as you have been symptom-free for 24 hours.
- You and everyone you live with should stay at home unless you are exercising in your neighbourhood or a health professional has said you can leave.

There's no need to retest once you have completed your isolation period and are symptom-free for 24 hours. You might return a positive test for several weeks.

WHO YOU SHOULD TELL

You could have passed on COVID-19 in the 2 days before you got symptoms, or 2 days before your positive test result.

You may want to tell:

- Your employer
- Your child's school, kura or Early Learning Service
- Friends, family and others you've spent time with during this period. They do not need to isolate, but they should get tested if they develop symptoms.

MY HOUSEHOLD BUBBLE

People you live with also need to isolate and get tested on **day 3** and **day 7**. They can end their isolation period on **day 8** at the same time as you (as long as nobody else in the house tests positive).

You don't need to start your isolation time again if another household contact tests positive, as long as your final test is negative.

For testing requirements and what to do if a household contact develops symptoms, visit [covidcontacts.nz](https://www.covidcontacts.nz)



WHAT TO EXPECT

Most people will have a mild illness for a few days and will be able to recover at home by themselves with support from whānau.

If your symptoms do not go away or get worse, call your GP, or Healthline on **0800 358 5453**.



MEDICATION

Continue to take your normal medications as usual. If you need any medication, contact your GP or pharmacy 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.

If you or someone you live with has a life-threatening emergency call 111 immediately.

HELP AND SUPPORT WITH COVID-19 IN AUCKLAND



IN A SERIOUS EMERGENCY

If you or someone you live with has a life-threatening emergency, 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.

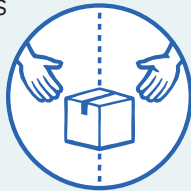
WORK AND FINANCES

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

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

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**.

For additional support with food and community services, you can contact:

Salvation Army: 0800 53 00 00

Foodbank NZ: www.foodbank.org.nz

Auckland City Mission: 0800 223 663

Pacific families: 0800 31 13 31

Māori patients and Māori whānau:
0800 MY MRCH (0800 696 724).

MENTAL WELLBEING

Because you can't have visitors while you isolate at home, ask a friend or family member to check on you by phone or text message every day.



This is especially important if you live alone. If you feel that you're not coping, you can contact:

- **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

KEEPING SAFE

- If you're in immediate danger, call the police on **111**
- **Women's Refuge:** Call **0800 733 843** (0800 REFUGE) for 24-hour service advocacy and accommodation for women and their children experiencing family violence.

MĀORI COMMUNITY SUPPORT

For the Māori community team, whānau are invited to call **0800 696 724**.

PACIFIC COMMUNITY SUPPORT

For the Pacific community team, Pacific families are invited to call **0800 31 13 31**.



For more information

- Call Healthline on **0800 358 5453**
- Visit www.whanauhq.nz or www.covid19.health.nz/advice



Unite
against
COVID-19