

Kia ū, kia mataara!  
Be vigilant and aware!  
Omicron and Delta are here.



Plan and prepare

Vaccinate

Isolate

Test

Aroha, care  
and compassion



- 1. Plan and Prepare**
- 2. Vaccinate**
- 3. Test**
- 4. Isolate**
- 5. Aroha, Care and Compassion**

# Plan and Prepare

Prepare your household for COVID-19 - Being ready is about people, conversations, connections and knowing what to do. Being ready will mean your whānau and community can help each other if needed. Visit <https://covid19.govt.nz/prepare-and-stay-safe/be-prepared-for-covid-19/> and check out the COVID-19 Readiness Checklist and use it to have a kōrero and work out how ready you are to deal with COVID-19.

**Pātaka Oranga**; Things to consider for your whānau to be prepared.

## **Health & Medical**

- Paracetamol/Ibuprofen
- Vitamins C,D and zinc
- 2 weeks of prescription medicines, e.g. inhalers
- Thermometer
- Oximeter
- Cold pack/heat pack
- Bottled water

## **Hygiene**

- Hand Sanitiser
- Rubbish Bags
- Gloves
- Masks
- Disinfectant
- Soap
- Tissues
- Toilet paper

## **Baby Needs**

- Nappies
- Formula
- Bottles
- Bottle sanitiser
- Pre-prepared baby food
- Wipes

## **Pets**

- Dog/cat food
- Biscuits
- medications

## **Kai Cupboards**

- Soup
- Rice
- Weetbix
- Porridge
- Milk/milk powder if no freezer space
- Butter/marj
- Flour
- Sugar
- Pasta
- Fly spray
- Tinned foods
- Lost appetite likes soup, smoothies and Juices.

## **Isolation Boredom Busters**

- Jigsaw puzzles
- Board games
- Books
- Crafts
- Garden supplies
- Household project supplies

Many of these things can be picked up cheap in second hand shops.

## Emergency Contacts List

### Whānau

Name \_\_\_\_\_

Relationship \_\_\_\_\_

Phone \_\_\_\_\_

Name \_\_\_\_\_

Relationship \_\_\_\_\_

Phone \_\_\_\_\_

### Kids Kura

Name of Kura \_\_\_\_\_

Name of Child \_\_\_\_\_

Phone \_\_\_\_\_

Name of Kura \_\_\_\_\_

Name of Child \_\_\_\_\_

Phone \_\_\_\_\_

Name of Kura \_\_\_\_\_

Name of Child \_\_\_\_\_

Phone \_\_\_\_\_

**Doctor**

Name \_\_\_\_\_

Phone \_\_\_\_\_

**Regular Medications**

Name of Medicine \_\_\_\_\_

Dosage \_\_\_\_\_ e.g. 1 tablet twice a day

Name of Medicine \_\_\_\_\_

Dosage \_\_\_\_\_ e.g. 1 tablet twice a day

Name of Medicine \_\_\_\_\_

Dosage \_\_\_\_\_ e.g. 1 tablet twice a day

Name of Medicine \_\_\_\_\_

Dosage \_\_\_\_\_ e.g. 1 tablet twice a day

Name of Medicine \_\_\_\_\_

Dosage \_\_\_\_\_ e.g. 1 tablet twice a day

Name of Medicine \_\_\_\_\_

Dosage \_\_\_\_\_ e.g. 1 tablet twice a day

Repeat prescriptions held at \_\_\_\_\_ Pharmacy

Whānau Ora Navigator \_\_\_\_\_

Ph. \_\_\_\_\_

MSD Contact \_\_\_\_\_

Ph. \_\_\_\_\_

# Vaccinate

Ū tonu Hawke's Bay – let's keep up the great work of protecting our loved ones through vaccination.

Find a list of Hawke's Bay clinics open for first, second, booster and child vaccinations at [www.hbcovidvaccine.nz](http://www.hbcovidvaccine.nz) or visit [www.BookMyVaccine.nz](http://www.BookMyVaccine.nz) to book and appointment near you.

The waiting period to have a booster shot has now been shortened to 3 months.

# Test

**If you have any of the following symptoms, no matter how mild - get a test!**

Common symptoms of COVID-19 are like those found with illnesses such as a cold or influenza. You may have one or more of the following:

- New or worsening cough
- Sneezing and runny nose
- Fever
- Temporary loss of smell or altered sense of taste
- Sore throat
- Shortness of breath

Some of the less common symptoms are:

- Diarrhoea,
- Headache,
- Muscle aches,
- Nausea,
- Vomiting,
- Chest pain,
- Tummy pain,
- Joint pain
- Confusion/irritability.

These almost always occur with one or more of the common symptoms.

There are two types of tests.

The nasal swab test can be a bit uncomfortable for some, but it is necessary. It is like a small cotton bud that reaches high into your nose. It may make your eyes water a little or make you feel like you need to sneeze but it isn't painful.

The Rapid Antigen tests (R.A.T.) is a new type of test being introduced that can give a result with 20 minutes. If it is positive, isolate. A positive R.A.T. test might need to be followed with a Nasal swab test. You will be contacted by a health professional to give you advice.

Early testing is one of the best tools we have to slow the spread of COVID-19.

Even if you feel like you only have very mild cold or flu symptoms **get a test!**

## Once you have had your test, here's what to expect.

- Isolate until you get your test results.
- If negative, return to daily life but continue to monitor for symptoms.
- If positive, Isolate immediately and follow Public Health instructions.

## Types of contacts

If you have been identified as a Close Contact of someone with COVID-19, you are likely to be at a higher risk of being infected and you can expect to be contacted by someone from the Ministry of Health's National Investigation and Tracing Centre or a PHU.

## Close Contacts

### You are considered a Close Contact if you have:

- been close (within 1.5 metres) to a positive case of COVID-19 for more than 15 minutes **and** the Case was not wearing a mask or wasn't wearing it properly  
**or**
- had direct contact with respiratory secretions or saliva from a Case (eg, kissing, shared a cigarette, vape or drink bottle, or if the person coughed or sneezed directly on you)  
**or**
- spent time in an indoor space for more than 1 hour with a case **and** at least one of the following:
  - the Case was singing, shouting, smoking, vaping, exercising, or dancing
  - the Case was not wearing a mask or wasn't wearing it properly
  - the indoor space was poorly ventilated (i.e. there were no windows or doors open)
  - the indoor space was smaller than 100m<sup>2</sup> (about three double garages).

All household members of a case are Close Contacts.

Any person who receives an orange Bluetooth notification via the NZ COVID Tracer app is considered a Close Contact. The notification will provide advice about what to do and it is important to follow these instructions.

## Casual Contacts

Casual Contacts are people who have been in the same place at the same time as someone infectious with COVID-19 but may not have been near the infectious person. Casual Contacts are at lowest risk of getting sick with COVID-19.

# Isolate

## What to expect when self-isolating at home

Most people with COVID-19 are likely to have a mild to moderate illness. They will fully recover in their own home. Here is what you need to know about self-isolating at home if you have COVID-19.

## What happens after you test positive

If you test positive for COVID-19, a public health worker will call you to discuss:

- What it means to have COVID-19 and what you need to do
- All the people you have had contact with recently
- If you will move into a quarantine facility or self-isolate at home.
- How will you try and minimise the spread to household members who are not unwell?

You will need to isolate for at least **14 days** while you recover from COVID-19 and be symptom-free for 72 hours.

You can isolate in your home or suitable alternative accommodation. This could be another property that you have access to, or are provided, that is more suitable for self-isolation than where you usually live. You can self-isolate there instead.

While you are isolating at home, you will have a dedicated contact person check up on you and make sure that you and your whānau are safe.

It is normal to feel nervous or unsure about what the next few weeks will look like.

## Household contacts

Household members will need to remain in isolation for at least **10 days** after the positive case has been released from isolation. This means household members will need to be in isolation for longer than the positive case.

The people you have been in contact with can normally take up to ten days to develop COVID-19 after you become infectious.

You are considered to be infectious from three days prior to having symptoms, so your whānau need to continue isolation for seven days after you have been released from Isolation.



## What it means to self-isolate at home

Self-isolation means staying at home and taking common-sense precautions to avoid close contact with those you live with.

You will get instructions and advice directly from a public health representative that is specific to your individual situation and your needs.

### General advice for self-isolating at home

- Stay home. Do not go to work, school or public places — even to exercise.
- Limit contact with others you live with — for example, sleep by yourself and limit the time you spend in shared spaces. If you cannot, you should stay at least 2 metres apart and wear a face mask that covers your nose and mouth when near others.
- Do not share items with others in your household — for example, cutlery, dishes, toothbrushes, and towels.
- Do your own laundry.
- Do not have visitors in your home.
- Clean and disinfect surfaces regularly. This includes items frequently touched like door handles, light switches and phones.
- We recommend opening windows to increase fresh air flow inside. The risk of spreading COVID-19 is highest in crowded and poorly ventilated indoor spaces.
- If you need food, prescriptions or essential items get friends or family to leave them on your doorstep, or get supplies delivered.

## When you can expect health and wellbeing checks

### Within the first 24 hours of getting your test result

Your health, welfare and wellbeing needs will be discussed with immediate supports and information provided. You may get several calls from Public Health, A welfare call and possibly from your G.P.

### Within the first 48 hours of getting your test result

You will get a care pack with advice on looking after yourself and supporting your recovery. It may include a pulse oximeter if you need one.

### From 48 hours onwards

How often you receive health and wellbeing checks while you are self-isolating will depend on your symptoms and recovery.

If you have moderate symptoms or are more at risk, you will get a virtual health check, like a phone call, from your health provider every day. If you are at low risk of

experiencing severe COVID-19 infection and only have mild symptoms, you will get a virtual health check every second day.

If you need urgent medical help or cannot breathe properly, call [111](#) immediately. Tell them you have COVID-19 when you ring.

The people who live in your house will need to be tested regularly to check if they have COVID-19. You will get information on when, how and where this needs to happen.

## **Close Contacts**

### **Days 10 to 14**

You will have a health assessment by a medical practitioner at 10 to 14 days before you can be released from isolation. The timing of this depends on if you are vaccinated.

You will need to be symptom free for the 72 hours before your isolation release date and continue to have no symptoms. If approved by the medical practitioner, you will be able to leave your house the next day.

You do not need to be tested. If you did, the result would likely show as positive but that does not mean you are infectious.

### **Beyond 10 to 14 days**

Anyone you live with will need to stay home for the entire time you and anyone else in your household who tests positive are isolating.

Once the last case has been released from isolation, the rest of your household will have a further 10 days in isolation. This means they will need to isolate for longer than you. If you are considered to be a critical worker, you may be able to return to work sooner while having the R.A.T. daily tests.

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-information-health-professionals/guidance-critical-health-services-during-omicron-outbreak#critical-worker>

### **If you need to go into hospital**

If you need urgent medical help or cannot breathe properly, call [111](#) immediately. Tell them you have COVID-19 when you ring.

In some cases, people with COVID-19 become very unwell and need to be admitted to hospital. In this case, the hospital will take the steps needed to isolate you while giving you the medical care you need. If you had a more severe illness and require hospital care, you will need more time before you can return home and resume your

usual activities. This will be assessed on a case-by-case basis by a health professional.

**You will not have to pay for any COVID-19 related medical costs.**

If you have any COVID-19 symptoms, you should isolate immediately and get a test. If it is positive, your whānau would then need to isolate too. In phase 2 of the traffic light system, their isolation will continue for seven days after you have been released from isolation. The reason for this is that people are contagious for three days before symptoms start to show.

Below is an example of the time line

Periods of Isolation				
Monday	Wednesday	Thursday	Following Wednesday	Following Wednesday
Catch covid-19, infectious before you know you have it	Start to feel unwell, have a test, Isolation starts	Positive test result, You and your whānau continue with isolation	You can be released from Isolation	Your whānau can stop isolating if they are all well and have negative tests

# Aroha, Care and Compassion

Aroha is at the heart of being whānau, especially at times like this. Whānau is being there for each other.

It can get overwhelming sometimes – if you or someone you know needs someone to talk to, text or call 1737 to talk to a counsellor for free, 24/7. Let's look after each other. He waka eke noa, whānau.

**Tihei mauri ora.**

It is very important to keep in touch with people in a non-contact way.

Check in with elderly whānau, neighbours and friends and those who you know to be vulnerable within your community.

If you have a neighbourhood watch group, initiate a plan within this to support one another.

## Support Services

### NEED TO TALK? 1737

Free call or txt 1737

Visit [1737.org.nz](http://1737.org.nz) for more information.

### GAMBLING HELPLINE:

Free call 0800 654 655

or text 8006.

Visit [gamblinghelpline.co.nz](http://gamblinghelpline.co.nz) for more information.

### OUTLINE:

Free call 0800 688 5463 (OUTLINE)

- confidential telephone support for people in the rainbow community.

Available evenings from 6pm–9pm.

Visit [outline.org.nz](http://outline.org.nz) for more information.

### ALCOHOL DRUG HELPLINE:

Free call 0800 787 797

or text 8681.

Visit [alcoholdrughelp.org.nz](http://alcoholdrughelp.org.nz) for more information.



# Kia ora – we're self isolating Please do not enter

Our contact information:

Find out more at [Covid19.govt.nz](https://www.covid19.govt.nz)

To Kōwhiriwhiri e Aotearoa  
New Zealand Government

**Unite  
against  
COVID-19**

This can be torn out of this booklet to put on your front door or front gate to let any potential visitors know that you are in isolation.

## **Financial help to buy food**

If you need financial help to buy food, Work and Income may be able to help.

Visit the Work and Income website for urgent financial support and ongoing needs.

You can apply for a main benefit online and check your eligibility for food assistance.

You can also use the COVID-19 financial support tool on the Unite Against COVID-19 website to see what support is available to you.

Go to:

- <http://www.workandincome.govt.nz> (for more information)
- <https://my.msd.govt.nz/> (to apply to Work and Income online)
- 0800 559 009 (MSD General Line)
- 0800 552 002 (MSD Seniors 65+)
- 0800 88 99 00 (StudyLink Students)

<http://www.Covid19.govt.nz/business-and-money/financial-support/covid-19-financial-support-tool/> (the COVID-19 Financial Support tool)

COVID-19 Welfare phone line 0800 512 337 (free to call), 7 days a week

### Foodbanks

If you need food urgently (eg if you need food in the next 24 to 48 hours), your local foodbank may be able to help.

You can find your local foodbank by searching on the Family Services Directory website:

If you have tried and can't access support through any of the options above, contact your local Civil Defence and Emergency Management (CDEM) Group.

Go to: <http://www.civildefence.govt.nz/find-your-civil-defence-group/>

Tihei Mauri ora can help to connect you with Community Hubs, and community welfare groups. Ph. 0800 211 0024

If you have received a positive COVID-19 test, you can also discuss any of these needs with the Public Health representative who calls you, they have links to welfare agencies.

## Summary



### 💜 Plan and prepare 💜

Prepare your household for COVID-19 - Being ready is about people, conversations, connections and knowing what to do. Being ready will mean your whānau and community can help each other if needed. Visit <https://covid19.govt.nz/prepare-and-stay-safe/be-prepared-for-covid-19/> and check out the COVID-19 Readiness Checklist and use it to have a kōrero and work out how ready you are to deal with COVID-19.

### 💚 Vaccinate 💚

Ū tonu Hawke's Bay – let's keep up the great work of protecting our community through vaccination. It's the best protection against serious illness from COVID-19 infection. Find a list of Hawke's Bay clinics open for first, second, booster and child vaccinations at [www.hbcovidvaccine.nz](http://www.hbcovidvaccine.nz) or visit [www.BookMyVaccine.nz](http://www.BookMyVaccine.nz) to book an appointment near you.

### 💛 Testing 💛

With both Omicron and Delta variants circulating in Hawke's Bay it is extremely important that people who have any sign of cold and flu like illness get tested. We need to think about who in our whānau and friends we might infect if we don't do the right thing by isolating and getting tested if we are sick. Drive-in testing centres that you don't need an appointment for and booked appointments are available every week across the region. Find a testing site near you on the Hawke's Bay DHB Facebook @HawkesBayDHB pinned post or on [www.healthpoint.co.nz](http://www.healthpoint.co.nz)

### 💙 Isolate 💙

If you or someone in your household tests positive for COVID-19, you will need to isolate in your home or other suitable accommodation. Most people with COVID-19 are likely to have a mild to moderate illness and will fully recover in their own home, but if you do get really ill, you will get hospital care. Learn more about isolating at home now so you know what to do if COVID-19 reaches your community. Visit: <https://covid19.govt.nz/isolation-and-care/what-to-expect-when-self-isolating-at-home/>

Essential critical workers may be able to return to work after having a R.A.T test each day <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-information-health-professionals/guidance-critical-health-services-during-omicron-outbreak#critical-worker>

### 💖 Aroha, care and compassion 💖

We are all in this together and we will get through together. Stay connected with your whānau, friends and community. Support your friends, whānau and workmates, and be kind. It can get overwhelming sometimes – if you or someone you know needs someone to talk to, text or call 1737 to talk to a counsellor for free, 24/7. Let's look after each other. He waka eke noa, whānau. Tihei mauri ora.