



# 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](https://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 people 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.



## CLOSE CONTACTS NOT IN THE HOUSEHOLD

Close contacts who do not live with the person who has COVID-19 do not need to isolate.

They should monitor their health and get a test if they develop any symptoms.

## MY HOUSEHOLD BUBBLE

People you live with DO NOT need to isolate, but they should test daily for 5 days with a rapid antigen test (RAT) from the day the person with COVID-19 tested positive.

For testing requirements and what to do if a household contact develops symptoms, visit [covid19.govt.nz](https://covid19.govt.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**.



## IF YOU FEEL VERY UNWELL

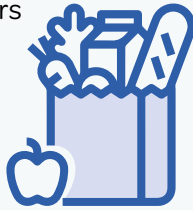
If you or someone you live with becomes very unwell, call 111 immediately. Get help if you have difficulty breathing, chest pressure, are unable to stand, or have severe dizziness, drowsiness or confusion.

**There is no cost to use the ambulance.**

## 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**.



## WORK AND FINANCES

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

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

## 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 should tell:

- Your employer
- Your child's school, kura or Early Learning Service
- Friends, family and others you've spent time with during this period. If they have symptoms they should get tested.



## 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.

## STAY CONNECTED

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.



## MENTAL WELLBEING

- **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**



## For more information

- Call Healthline on **0800 358 5453**
- Visit [www.whanauhq.nz](http://www.whanauhq.nz) or [www.covid19.health.nz/advice](http://www.covid19.health.nz/advice)