

Isolating at home with COVID-19

“Amohia ake te ora o te iwi” – Kiingi Tuheitia

(The health of the people is paramount)

Kia ora, Talofa lava, Kia orana, Malo e lelei, Fakalofa lahi atu, Bula vinaka, Ni hao.





For your health and wellbeing we have some tikanga/guidelines to help you and you household to isolate at home successfully

FOR YOU	FOR YOUR HOUSEHOLD
<ul style="list-style-type: none"> Unfortunately you have been diagnosed with COVID-19. For many people this is a mild infection but some people can become more unwell. We understand that finding out you have COVID-19 can be a scary time for you and your whaanau. We will regularly contact you to monitor your health and make sure you feel supported. There is a lot of help available for you. Please let us know how we can support you. 	<ul style="list-style-type: none"> Together with you, we want to do what we can to reduce the chance that your household members catch COVID-19. Your household members will need to have COVID-19 tests and we will regularly contact them by phone or email. You and your household members must stay home until we let you know that you can leave.

Support available

MEDICAL	WELLBEING
<p>Your usual GP practice After hours GP 0800 111 336 Emergency and Ambulance (Call 111) Pharmacy – Prescriptions Healthline 0800 358 5453 (24/7) All of these services are free</p> <p>You must inform staff that you have COVID-19 <u>before</u> you have contact with them.</p>	<p>We can support you to access: Food Financial support Cultural support Communication help Mental health – call or text 1737</p>

While in isolation please

				
Stay home	Keep distance from others where able to	Answer your phone	Don't have visitors	Wash your hands & wear your mask

WHEN TO CALL FOR EMERGENCY HELP

Call 111 and tell them you have COVID-19

- You are having trouble breathing
- You have chest pain that won't go away
- You feel confused or collapse/faint
- Other serious symptoms you are concerned about