

GETTING READY FOR ISOLATION

- ☐ Download my covid record <https://mycovidrecord.health.nz/>
- ☐ Download the Covid Tracer or fill out a diary of your close contact movements
- ☐ Registered with a Health or Social Service Provider?
- ☐ Have a Rapid Antigen Test (RAT) kit? Who can I get a RAT kit from?
- ☐ In our home, do we have a room where someone can isolate from everyone else?
- ☐ In our home, who may need additional support? e.g. mental health
- ☐ Medications, prescription medicines
- ☐ Hand Sanitiser
- ☐ Antibacterial Spray
- ☐ Masks and gloves
- ☐ Rubbish bags and bin liners
- ☐ Personal hygiene products
- ☐ Phone charger, credit, Wi-Fi
- ☐ Activities for tamariki and whanau

Anything else?

| What support might I need? (e.g. to do my shopping) | Who could provide that support? (someone who doesn't live with me) |
|--|---|
| Tamariki | |
| Medication pick up | |
| Laundry washing / drying | |
| Bill payments | |
| Pets / Livestock | |
| Other | |

Important information

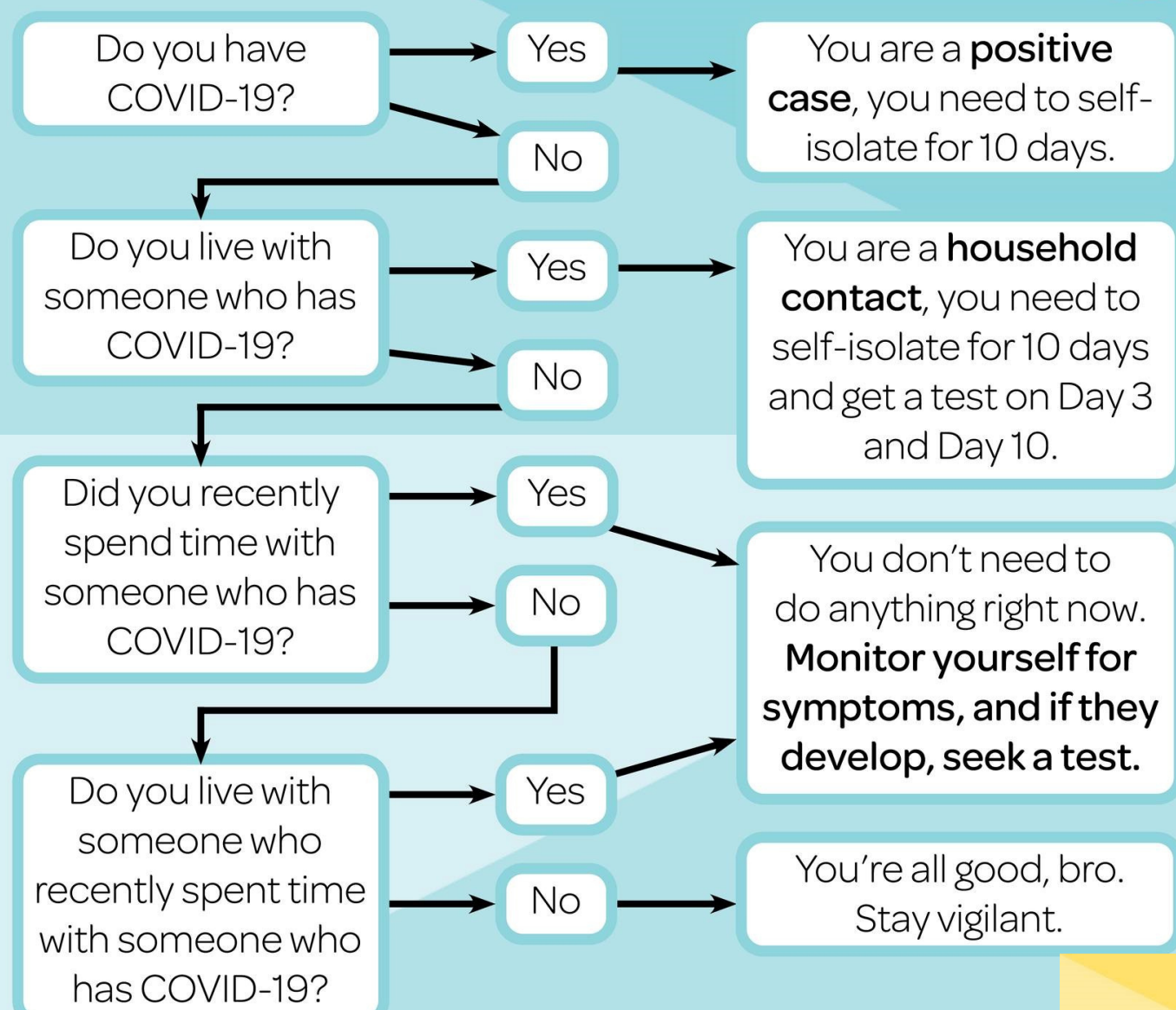
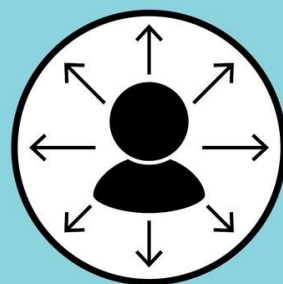
Emergency Numbers

- Whanau Support immediate contact:
- Doctor/GP:
- Chemist:
- Local health provider:

Whanau Name – NHI Number

| Name | Number |
|------|--------|
| | |
| | |
| | |
| | |
| | |

What type of contact are you?



Te Kāwanatanga o Aotearoa
New Zealand Government

Need help?
Contact Te Rarawa @ 0800 836 7264

Want to chat?
Call your Kai Manaaki Team
Kim @ 0273149615
Jenni @ 0273442651

In an EMERGENCY dial
111

Updated guide to self-isolation



You will need to self-isolate from others if you:

| are positive for COVID-19 | live with a positive case |
|--|---------------------------|
| You must isolate at home or in suitable alternative accommodation. If you test positive for COVID-19, a health professional will help you decide if managed isolation is suitable for you. | |
| Isolate for 10 days from when you test positive | Isolate for 10 days |
| No further tests required unless directed to | Tests on Day 3 and Day 10 |
| Financial support may be available - check our website to find out what you may be eligible for: Covid19.govt.nz/financial-support/ | |

This information is accurate as at 24 February 2022. However, it may be updated if phases of the Omicron response change. For the most up to date information, please visit our website at www.Covid19.govt.nz

Te Kāwanatanga o Aotearoa
New Zealand Government

Unite
against
COVID-19