

# COVID-19 in the community

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## Here is a checklist for you to manage your preparations

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### Are you prepared?

Should you contract COVID-19 or another illness and become unwell, let's work out what you need to have planned.

### Next of kin/local support

What support do you have locally? If your next of kin aren't living close to you, do you have friends who can help with tasks? Consider a key contact list with descriptions of who they are and what they can provide.

### Partnered living

If only one of you has contracted COVID-19, what will the other do? Consider a plan of action. This will also be guided by the Public Health Unit.

### Entertainment and activity

Do you have access to entertainment and/or physical activity to maintain your wellbeing if you are required to isolate in your home?

### Technological capability and competency

Do you have access to a smartphone, or a computer? You may need to set up video calling for a virtual assessment with a healthcare professional.

### Communication barriers

If you are not capable of communicating over the phone easily with a health professional, consider organising someone who can support you.

## COVID symptoms

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If you have any of these symptoms, please stay home and contact a healthcare professional or a member of your village team. If you are having trouble breathing, call 111 immediately.

Breathlessness

Loss of smell or taste

Headache

Body aches or  
sore muscles

Fatigue

Sore throat

Runny nose  
or sneezing

New cough

Abdominal pain

Diarrhoea

Fever or chills

## Medical Information

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If you contract COVID-19, you will need to isolate for 7 days — from the day you have symptoms or first receive a positive test result.

We will need you to get tested on day 7 of your self-isolation period. If this test is negative, the whole household can complete isolation at the same time and can use the communal facilities of the village.

You can end your self-isolation on the same day as the first person with COVID-19 in your household, provided you have no new or worsening symptoms and your tests are negative.

Household close contacts are required to test on day 3 and day 7 of the self isolation period. The maximum amount of time a household close contact will need to isolate is 7 days, unless they test positive for COVID-19 during this time.

If tests are positive, you need to start 7 days of isolation as a case.

If symptoms develop at any stage, you need to self-isolate for 7 days as a probable case.

We want you to be prepared for this.

# What to do when self-isolating

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Self-isolation means staying at home for the whole time you are required to be there. It also means taking common-sense precautions to avoid any contact with those you live with.

- **Avoid 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, dishes, toothbrushes, and towels.
- **Do your own laundry.**
- **Do not have visitors in your home.**  
This includes tradespeople, unless it is an emergency.
- **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. A team member from your Arvida community can also help with essentials.

When you are self-isolating as a **close contact**, you can leave home to exercise but not to any shared facilities. There are some other limited circumstances you can leave home but only if you wear a face mask at all times.

## What's your plan?

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We are following advice from the government who has set out measures for GP's and the DHB to provide care and monitoring, if you contract COVID-19. However because you live in an Arvida Community we want to ensure that you are all provided with the support you need.

To assist us to do this, we recommend you prepare the information below. If you are happy to share this information, please bring this to reception where we will handle it with privacy and confidentiality, otherwise we recommend you have this ready in your home to share if required.

# Please complete this form

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Full name: \_\_\_\_\_

Your health:

Please note any health conditions, medications, allergies or addictions which may be relevant during COVID recovery or isolation.

GP contact details: \_\_\_\_\_

Clinic: \_\_\_\_\_

Phone: \_\_\_\_\_

Doctor: \_\_\_\_\_

Current care requirements:

If applicable list the current home-based support services you receive:

Maintain 2 weeks of medication stock at all times.

### Your wishes in the event of a medical emergency

Please ensure your family and GP are aware of the following:

- Resuscitation preferences
- Hospitalisation preferences

### Next of kin emergency contact details

Please update if you haven't done so recently.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Relationship: \_\_\_\_\_

## Checklist: Get things ready to isolate

\* check expiry dates and follow instructions, especially with medications

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| <input type="checkbox"/> Tissues   | <input type="checkbox"/> Paracetamol and/or ibuprofen   |
| <input type="checkbox"/> Soap  | <input type="checkbox"/> Drinks and other medications that help with cold and flu-like symptoms, like lemon tea with honey, cough syrup |
| <input type="checkbox"/> Sanitiser   | <input type="checkbox"/> Practice healthy habits like coughing/sneezing into elbow and washing hands to reduce the spread of germs.     |
| <input type="checkbox"/> Masks   | <input type="checkbox"/> Could ventilation be improved? Even opening windows will help to get rid of the virus.                         |
| <input type="checkbox"/> Cleaning products & gloves  |   |
| <input type="checkbox"/> Rubbish bags (try and have separate bags for tissues before putting in main rubbish bags) |   |

## → Ways to feel better if you're māuiui unwell

For tiredness, fever, aches and pains:

- Get plenty of sleep and rest to help your body recover
- Stay hydrated by drinking plenty of fluids
- Take medication like paracetamol or ibuprofen

For coughs, sore throats or blocked noses, try:

- Hot lemon and honey or kawakawa tea
- Saltwater gargling
- Chest vapour rubs
- Nose and throat treatments, like sprays
- Cough syrup or soothing lozenges

## → Looking after your mental wellbeing

- Try to be kind and gentle with each other as isolating together for some weeks may have its ups and downs
- Acknowledge your feelings – becoming anxious or stressed is a normal response when times get challenging
- Try and stick to routines where possible
- Put a limit on any time online and get some fresh air
- If you start to feel overwhelmed, speak with a trained counsellor any time, day or night -free call or text on 1737
- For more advice: [Covid19.govt.nz/mental-wellbeing](https://www.covid19.govt.nz/mental-wellbeing)

## → Contacts for support services

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| <ul style="list-style-type: none"><li>• COVID-19 Healthline: 0800 358 5453</li><li>• Healthline: 0800 611 116 (for advice on other health matters)</li><li>• PlunketLine: 0800 933 922 (for health advice regarding babies or children)</li><li>• Family Services: 0800 211 211</li></ul> | <ul style="list-style-type: none"><li>• Mental health support: call or text 1737</li><li>• Alcohol Drug Helpline: 0800 787 797</li><li>• Work and Income: 0800 559 009</li><li>• Rural Support Trust: 0800 787 254</li><li>• Business support: North Island 0800 500 362 and South Island 0800 505 096</li></ul> |
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For more information, head to: **Covid19.govt.nz**