

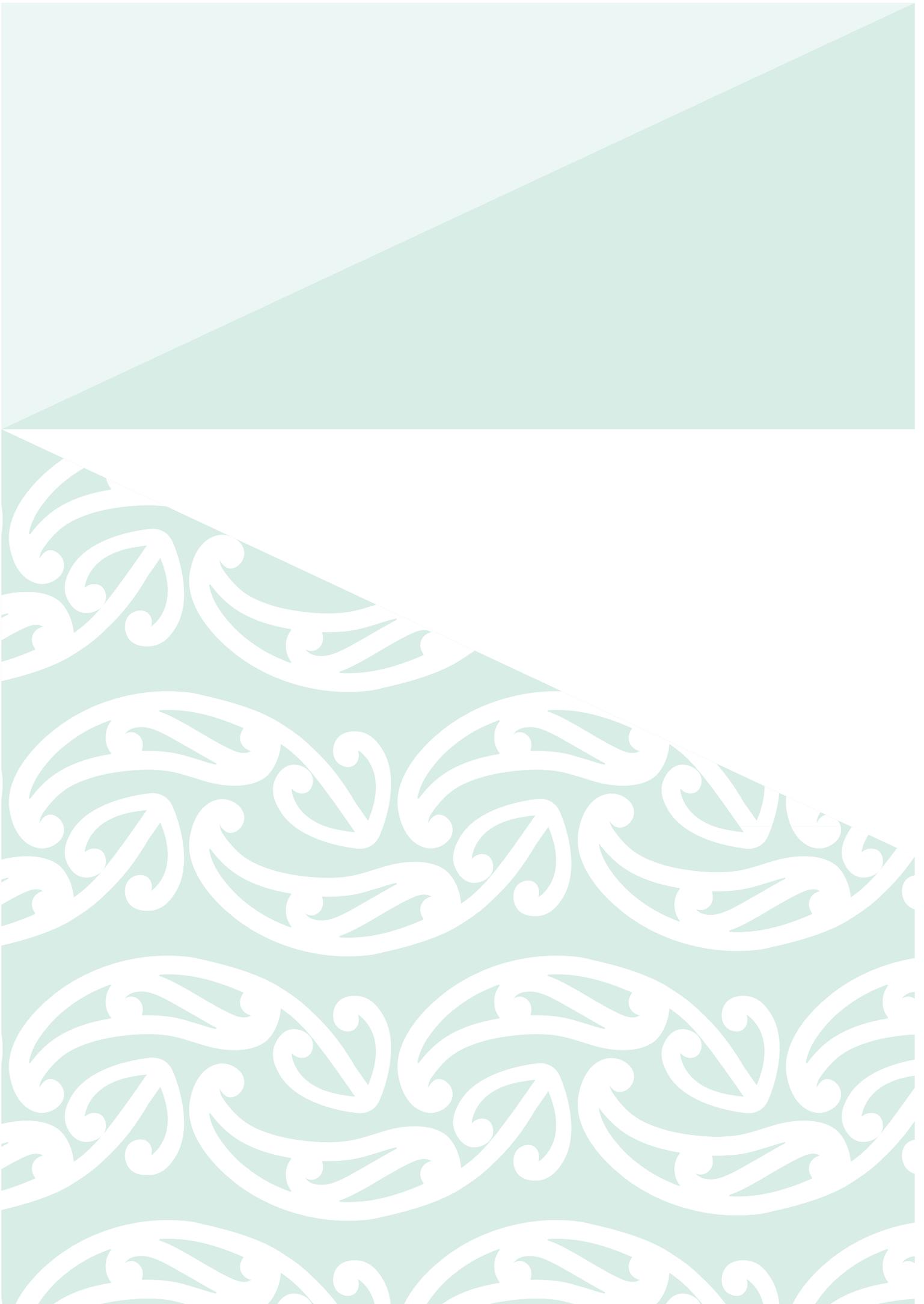


Home care pack

Everything you need to stay safe
when isolating at home with COVID-19

Canterbury
District Health Board
Te Poari Hauora o Waitaha

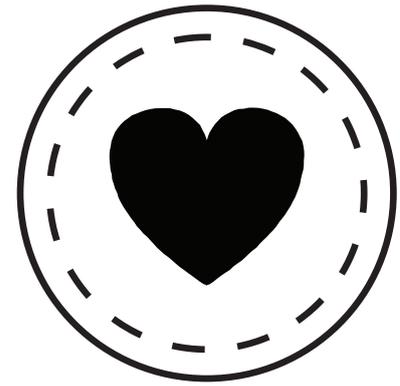
**Unite
against
COVID-19**



Contents

Nau mai, haere mai, welcome.....	2
What’s in this pack?	4
What do I need to do?.....	5
What about disability related services?	5
When will I be able to leave my home?.....	6
Getting help from a doctor and getting medicines	6
What to expect when self-isolating.....	7
What to expect if you have COVID-19	10
Changing positions to make breathing easier	12
Health checks	13
COVID-19 testing	13
Keeping your home clean and well-ventilated.....	14
How to use your pulse oximeter – if required	15
Setting up your pulse oximeter – if required	16
Using the thermometer – if required.....	18
Returning your equipment.....	19
Personal Protective Equipment (PPE).....	20
Services and support directory	22
How to create a QR code	25
If you can’t work from home.....	25
Support from Ministry of Social Development	26
My Health Diary.....	27
My Health Diary – Week 1	28
My Health Diary – Week 2.....	30
Notes/Questions to ask during your health check-ins.....	32

Nau mai, haere mai, welcome



Kia ora and thank you for doing your part to keep our communities safe.

This guide has information you need to isolate at home while keeping you and the people you live with safe. It will also provide you with some suggestions and ideas for keeping busy and mentally well over the next few weeks.

You've been asked to self-isolate under Section 70 of the New Zealand Health Act because you have returned a positive test for COVID-19. Everyone who tests positive for COVID-19 **and everyone who lives with them** needs to isolate to help stop the spread of the virus.

The Health and Disability Services Consumers' Rights continues to apply to health and disability services under this.

Some households may include regular carers or other help. Your health team will discuss the need for these people to also isolate and what other support may be available.

If there is another property that you have access to, or are provided, that is more suitable for self-isolation than your usual place of residence, you can self-isolate there instead.

If you become seriously unwell, you may receive hospital care. Where and how you are cared for will be discussed with you and your whānau by the health team.

If you're feeling nervous or unsure about what the next few weeks will look like, kei te pai (all good). Everyone who starts home isolation feels this way – it's totally normal. While you're isolating at home you'll have a designated contact person who will check up on you regularly to make sure you and your whānau are safe. This may be your regular general practice team or may be another expert medical team.

COVID-19 spreads easily indoors so, where possible, put your feet on the grass and enjoy the fresh air in your own backyard.

If you are isolating and need financial or welfare support, you can call the COVID-19 Welfare phone line, 0800 512 337. It's open 8am–8pm, seven days a week.

The information contained in this booklet lays out what you can expect from your health care team, what to do with the bits and pieces in this bag, and how to monitor your health at home so we can make sure you and your whānau are safe and well.

In an emergency call 111

If you or a family member becomes very unwell or has difficulty breathing, immediately call an ambulance on **111**. There is no cost for the ambulance.

Please tell the person who answers the call that you are staying at home because you or someone in your household has COVID-19.



If you start to feel worse or if you have any questions

Call the Canterbury COVID-19 health team on **0800 226 829**
(free to call, 24 hours a day).

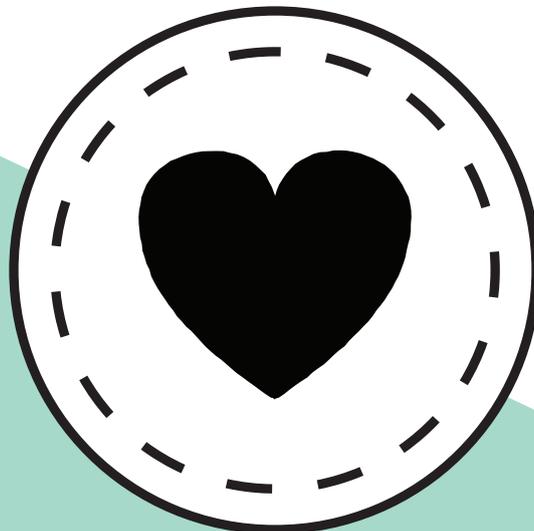
What's in this pack?

This guide will answer some of the questions you may have about staying at home. Please read this brochure which will answer many of your questions about monitoring your health and that of your whānau who are isolating with you. It will also provide you with some suggestions and ideas for keeping busy and mentally well over the next few weeks.

In this pack you will find:

- A thermometer for recording your temperature – if required by the health team
- A pulse oximeter (if required by the health team). A pulse oximeter measures your resting heart rate and oxygen saturation levels.
- Masks for wearing when you have in-person assessments with your health team
- Cleaning wipes to clean your pulse oximeter if it was recommended by your health team. The cleaning wipes will need to be used to clean down the pulse oximeter when you're ready to send it back.
- A bio hazard bag for cleaned equipment to be put in ready for pick-up
- A poster to put up at your front door to let visitors know that you are self-isolating and they are not to enter
- Your health diary, for recording your oxygen levels if applicable, resting heart rate and other symptoms to share with your health team
- Contact information for a range of agencies and supports to make sure you're as comfortable and safe as you can be over the next few weeks.

Remember, you're isolating at home, but you're not isolated. Reach out to friends, whānau or any of the listed supports available if you need to.



What do I need to do?

**Stay at home until you are told that you no longer need to self-isolate.
Please do not go out.**

- You and everyone in your home should not leave the house for any reason, unless advised to do so by the health team or in an emergency when you've called 111.
- **No one in the household should go to work, school, the shops, or to visit whānau/friends. It's important you don't go out in public until after your home isolation has finished.**
 - » If you can't work from home during this time, your employer (or you, if you are self-employed) may be able to apply for leave support for financial assistance. For more information please check the Work and Income website or call Work and Income on 0800 559 009.
- Stay two metres away from others in your household and wear a mask if you have to go into the same room. Do not share a bed or bedroom with anyone else.
- As much as possible, reduce the amount of time you spend in shared spaces of your home like the bathroom and kitchen. Keep these spaces well ventilated by opening windows and doors.
- You can go outside onto your deck or garden however you must stay on your property and not interact with your neighbours (i.e. you need to stay physically apart from them – at least 2 metres away).
- It's really important that you answer any phone calls you get during this time.

What about disability related services?

If you or anyone in your household regularly receives disability support services, please ensure you give the health team details of all of the in home support you receive and their contact details.

Normal services will continue to be delivered wherever possible while you are isolating at home.

When will I be able to leave my home?



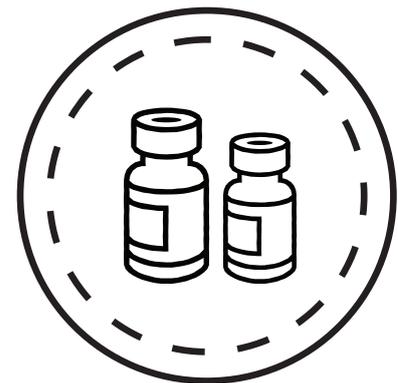
You need to isolate in your home or in suitable accommodation for a **minimum of 14 days**.

During this time, you'll be regularly contacted by one of the health team via phone or video call.

The health team will make the final decision about when your home isolation will end. They will let you know about this decision near the end of your period of isolation at home.

The people you live with need to say home until they are told by the health team that they can leave. If anyone else in your home gets COVID-19, the other people you live with will need to isolate for longer.

Getting help from a doctor and getting medicines



If you need medications during your isolation, contact your GP who can send a prescription directly to a pharmacy who will arrange contactless delivery to your home.

If you are at all concerned about this, please let the health team know by calling 0800 226 829 so they can help.

If you don't have a GP or doctor, please let the health team know.

What to expect when self-isolating

If you begin to feel worse and develop any of the symptoms below, please contact the health team straight away on **0800 226 829**.

Symptoms to look out for:

- Persistent shortness of breath or difficulty breathing
- Persistent fever and/or chills
- Persistent vomiting and/or diarrhoea
- Oxygen reading below 95% or heart rate above 100

In an emergency please call 111 and let the person who answers the phone know that you are at home with COVID-19.

It is understandable to feel anxious or unsure during self-isolation. It is understandable to feel sad, distressed, worried or confused. Please reach out to whānau or friends or you can connect with any of the services below:

- **1737** (text or call 24/7) to talk to a trained counsellor
- Lifeline **0800 543 345** or text HELP (**4357**) to talk to a trained counsellor
- Samaritans **0800 726 666** for someone who will listen
- Depression Helpline **0800 111 757** or text **4202** to talk to a trained counsellor
- **If you need financial support, you can call the COVID welfare phone line on 0800 512 337. It's open 8am–8pm, seven days a week.**



DAY 1 / HOME ISOLATION

When you've tested positive for COVID-19 it's time to isolate at home. This means that nobody in your house should leave. This also means there are not to be any visitors to your house.

- You can only leave for urgent medical attention when you've called 111, or as directed by the health team.
- Stay 2 metres away from other people in your home and **wear a mask** when around others.
- If you receive any disability support or in home care, ensure you discuss this with your health team so they can put arrangements in place to continue your support.

DAY 1+ / HEALTH CHECKS

When you've tested positive for COVID-19 it's time to isolate at home. This means that nobody in your house should leave. This also means there are not to be any visitors to your house.

- If you're assessed as being at low risk of experiencing severe illness from COVID-19 and have mild symptoms, you will receive a virtual health check (probably a phone call) every second day.
- If you have moderate symptoms or are considered more at risk, you will receive a daily virtual health check from the health team. This is likely to be a phone or video call.
- Please use the pulse oximeter if required by the health team three times a day to take readings of your resting heart rate and oxygen levels and provide this information to the health team when they call. There are pages to keep track of these recordings and other symptoms at the back of this booklet.
- Make sure you answer any calls you get during this time

DAY 5 / COVID-19 TESTING FOR WHĀNAU/HOUSEHOLD

Your whānau/household members will be tested on day five of their 'close contact' isolation period and will have other tests later, as directed by the health team. **They will need to go to a community testing centre or general practice and the health team will advise them how to do that safely.** Mobile testing may be arranged – the health team will talk with you about this.

DAY 10 / FINAL HEALTH CHECK

You will have another health and symptom check with the health team. They will give you an indication of when you are likely to be able to leave home isolation and will confirm these dates with you in the coming days.

As long as the health team has cleared you to leave home isolation, you don't need to return a negative test before leaving isolation. People who have had COVID-19 can continue to test positive for several weeks after they were infected. This is because fragments of the virus stay in your system long after you have recovered.

DAY 11-12+ / WHĀNAU/HOUSEHOLD CHECKS

Anyone else in the house who doesn't get COVID-19 will need to stay home for various lengths of time which will be determined on a case by case basis. The health team will continue to check in on them during this time and will let them know when they can leave home isolation.

What to expect if you have COVID-19

While you have COVID-19, make sure you try to rest as much as possible and drink plenty of fluids. If you need pain relief or have a high fever, use paracetamol according to the instructions on the pack.

Continue to take any regular medications that you normally take. If you have any questions about this, ensure you discuss this with the health team.

In an emergency call 111

If you or a family member becomes very unwell or has difficulty breathing, immediately call an ambulance on **111**. There is no cost for the ambulance.

Please tell the person who answers the call that you are staying at home because you or someone in your household has COVID-19.



If you start to feel worse

Call the Canterbury COVID-19 health team on **0800 226 829**
(free to call, 24 hours a day)

SYMPTOMS / DAYS 1-3

Symptoms in the first three days vary widely.

- You may experience a sore throat, a cough, fever or headache. You may also feel short of breath or a little pressure in your chest
- Sometimes symptoms begin with diarrhoea (runny poo)
- You may feel tired and/or may lose your sense of taste and smell
- You may experience some or none of these symptoms
- Even if you have a mild COVID-19 infection, avoid running, workouts, weights and high impact activities until you've been cleared by your healthcare team.

SYMPTOMS / DAYS 4-6

These are important days to be more aware of your symptoms. This is when lung (respiratory) symptoms may start to get worse, especially if you have other conditions like high blood pressure, obesity or diabetes.

- You may start to feel worse and may have aches, chills, a cough and find it hard to get comfortable.
- Some younger people may develop rashes, including itchy red patches, swelling or blistering on their toes or fingers.

SYMPTOMS / DAYS 7-8

For people with mild illness, the worst is generally over after a week.

Some people may get worse at this point or start to feel better briefly then feel worse again.

SYMPTOMS / DAYS 8-12 (WEEK 2)

Continue to monitor your symptoms and record them in your health diary. You may be able to breathe easier and feel better if you sleep on your front/stomach or side. There are some suggestions for how to change positions to make breathing easier on page 12.

SYMPTOMS / DAYS 13-14

Most people will feel better by now. Some people feel more tired than usual.

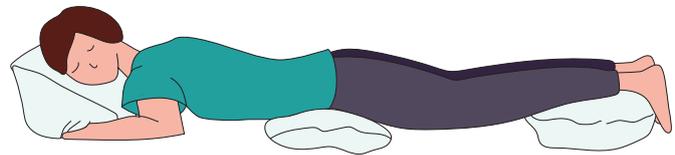
- A slow return to activity is advised.
- If you have ongoing severe symptoms, your health team will advise you what to do. This is why recording your symptoms in your health diary is so important.

Changing positions to make breathing easier

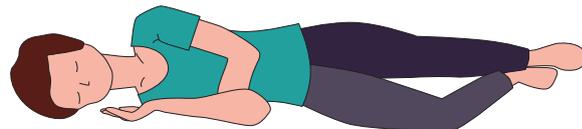
COVID-19 can often cause trouble with breathing. You might feel breathless or you might not be aware of this. Lying on your back can make it harder to breathe. Changing your position regularly (every 30 minutes to 2 hours) helps to move the air through your lungs. Try lying on your tummy, both sides, and sitting upright.

Change position every 30 minutes to 2 hours, rotating as below.

1. 30 minutes – 2 hours: laying on your belly



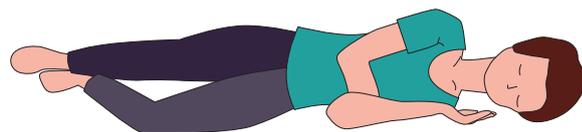
2. 30 minutes – 2 hours: laying on your right side



3. 30 minutes – 2 hours: sitting up



4. 30 minutes – 2 hours: laying on your left side



Then back to Position 1: lying on your belly



Health checks

You will have regular health checks over the phone with a health team member to make sure that you are safe and supported. If you don't have a phone, one will be loaned for you to use. It's important that you answer any calls you receive during this time.



You will take some measurements of your health every day. These may include:

- The health team will decide whether or not you need to be provided with a pulse oximeter. A pulse oximeter measures the oxygen levels in your blood and your resting heart rate. Detailed instructions on how to use the pulse oximeter are on page 15.
- Recording your symptoms in the 'Health Diary' on page 28.

COVID-19 testing

You no longer need to be tested for COVID-19. Your family members may need to be tested if they have not yet had a positive test. The health team will be able to discuss this with you.

It is important that when your whānau or household members are getting tested they go directly to the testing centre and do not stop anywhere on the way there or the way back. Your whānau/household members will be tested on day five of their 'close contact' isolation period and will have other tests later, as directed by the health team.

They will need to go to a community testing centre or general practice and the health team will advise them how to do that safely. Mobile testing may be arranged – the health team will talk with you about this.

Keep your home clean and well-ventilated



It is important to ensure you keep your home clean and well ventilated, especially the areas shared with other people. Use gloves when cleaning. You, the people you share the house with or your carers should:

- clean and disinfect frequently touched surfaces, such as bedside tables, bedframes, door handles, bathroom and toilet surfaces at least daily with regular household disinfectant.
- clean your clothes, pyjamas, bath and hand towels separately from other household items.
- use laundry soap and water or a washing machine with common household detergent and dry thoroughly outside or in a dryer
- do not shake worn clothes
- avoid direct contact of the skin and clothes with the dirty items
- wear gloves when handling dirty laundry
- always clean your hands after handling dirty linen, whether gloves were worn or not.

If you require support to get laundry done, please let your health team know.

How to use your pulse oximeter – if required

Call the health team on 0800 226 829 immediately if:

- **Your oxygen level is lower than 95%**
- **Your heart rate is more than 99**

Some people, that require it, will be provided with an oxygen and heart rate monitor device called a pulse oximeter. This measures your oxygen levels and resting heart rate. Use the pulse oximeter three times a day to help check how you're doing while you're recovering from COVID-19. This provides important information for the health team looking after your care.

Please follow the instructions below and record the appropriate numbers in your Health Diary at the back of this booklet.

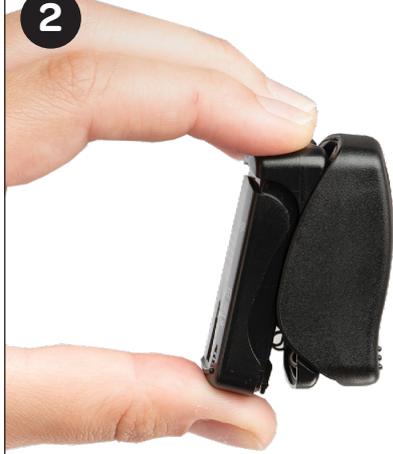
Use the pulse oximeter to take your oxygen level and resting heart rate reading three times a day – morning, midday and evening.

It is important to sit down and be still for around five minutes before you take the reading.

Oxygen saturation (SpO2%)	Heart rate (bpm or PRbpm)	Action
95–100	50–99	Acceptable
92–94	100–119	Seek advice from your COVID-19 health team
Below 92	120 or more	Call 111 for urgent medical care

Setting up your pulse oximeter – if required

Your monitor will come with batteries. If you need to replace these please refer to the following instructions.

NONIN Pulse Oximeter		
<p>1</p>  <p>Hold the monitor between your thumb and forefinger</p>	<p>2</p>  <p>Squeeze gently until back slides away</p>	<p>3</p>  <p>Replace batteries and insert back by sliding into place</p>

STEP 1 / GET READY

Ensure your hands are clean, free from nail polish and warm before you start. Sit down somewhere comfortable and relax for five minutes.

STEP 2 / PUT THE PULSE OXIMETER ON YOUR FINGER

Squeeze the bottom of the pulse oximeter like a peg so the top opens enough to allow your finger to fit inside. Put your index or middle finger into the pulse oximeter as far as it will go. The pulse oximeter will turn on when your finger is inside.

STEP 3 / KEEP STILL FOR 1 MINUTE

Lay your hand down on a flat surface (your fingernails will be pointing away from you at this step).

STEP 4 / READ YOUR RESULTS

A reading will show as numbers on the screen after your finger has been steady for five seconds.

After **one minute** write down the numbers on the screen.

- a. Top / left number Oxygen level
- b. Bottom / right number Heart rate



STEP 5 / RECORD YOUR RESULTS

You will need to use the pulse oximeter three times a day. You can do this after your breakfast, lunch and dinner. Make sure you write down all of your results onto the Health Diary (on page 28 of this booklet) so when your health team calls, you can easily report back on your oxygen and resting heart rate readings. Once you have written down your results, take your finger out of the pulse oximeter and the device will turn off. It is ready to use again when you need it.

Using the thermometer – if required

You will need to use the thermometer three times a day. You can do this after your breakfast, lunch and dinner. Make sure you write down all of your results onto the Health Diary (on page 28 of this booklet) so when your health team calls, you can easily report back on your temperature.

Thermometer		
<p>1</p> 	<p>2</p> 	<p>3</p> 
<p>Remove the thermometer from the box and turn on the thermometer by pressing the white button on the front</p>	<p>Insert the silver tipped end of the thermometer into your armpit</p>	<p>The thermometer will make a beeping sound when it has finished measuring your temperature.</p>

When “Lo” flashes on your thermometer, the thermometer is ready for use.

If your temperature is below 32°, ‘Lo’ will flash onto the screen on your thermometer. You should call the health team immediately.

If your temperature is above 42.9°, ‘Hi’ will flash onto the screen on your thermometer. You should call the health team immediately.

Returning your equipment (including thermometer and pulse oximeter if supplied)

If you have been provided a pulse oximeter or thermometer, it will be picked up approximately 72 hours after the last person in your household is allowed to stop isolating. Our team will arrange for this to be picked up from you.

Before the person arrives to pick up the oxygen monitor and thermometer please:

1. Wash your hands for 30 seconds with soap and water, or with hand sanitiser
2. Wipe the pulse oximeter and thermometer with the wipes given to you
3. Leave them to visibly dry
4. Wash your hands again
5. Place the pulse oximeter and thermometer in the 'biohazard' bag ready for collection
6. When the person arrives to retrieve this, an open plastic bin will be placed at your door
7. Wash your hands again
8. Place the 'biohazard' bag containing the pulse oximeter and thermometer in the plastic bin.

While isolating at home can be difficult, it is an important measure to keep New Zealand safe and stamp out COVID-19. By isolating and monitoring your own health, you are playing a very important role.

Personal Protective Equipment (PPE) for others in your household

If someone in your household needs to provide you with immediate care (for example a family member or home based worker), for a period of time, they should wear Personal Protective Equipment, or PPE. This includes a gown, gloves and a mask. PPE provides good protection against getting COVID-19 and the equipment in your pack is the same PPE worn by clinical staff when caring for someone with COVID-19.

It's important the PPE is put on and removed carefully. Please refer to the following instructions when putting on and taking off the gown, gloves and mask, taking care to do so in the order outlined.

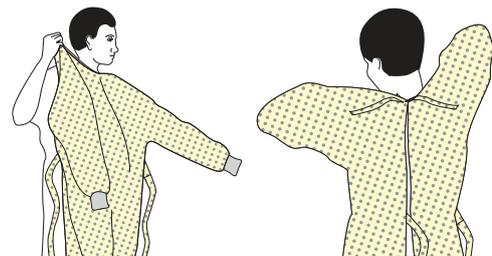
Hand hygiene means washing your hands for 20 seconds with soap and water or thoroughly cleansing hands with hand sanitiser.

Sequence for PUTTING ON Personal Protective Equipment (PPE)

The type of PPE used will vary based on the level of precautions required, such as standard and contact, droplet or airborne infection isolation precautions. The procedure for putting on and removing PPE should be tailored to the specific type of PPE.

1. GOWN

- Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back
- Fasten in back of neck and waist



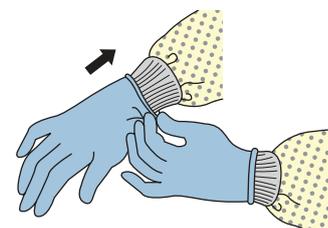
2. SURGICAL MASK

- Secure ties or elastic bands at middle of head and neck
- Fit flexible band to nose bridge
- Fit snug to face and below chin



3. GLOVES

- Extend to cover wrist of isolation gown

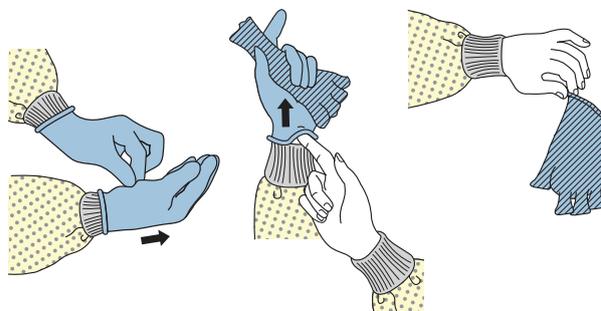


How to safely REMOVE Personal Protective Equipment (PPE)

Safely remove PPE without contaminating your clothing, skin or mucous membranes with potentially infectious materials. **Remove PPE in the following sequence:**

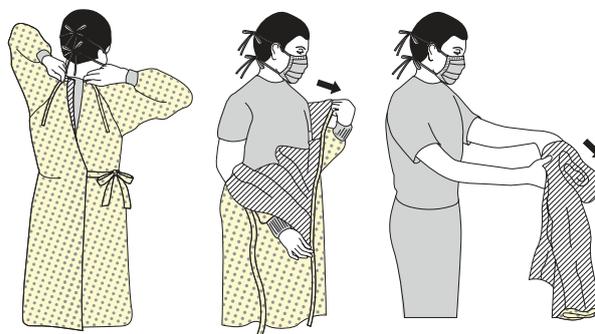
1. GLOVES

- Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove
- Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove
- Discard gloves into a waste container



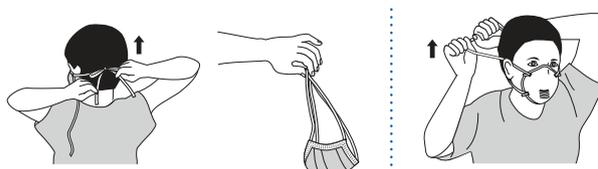
2. GOWN

- Unfasten gown ties, taking care that sleeves don't contact your body when reaching for ties
- Pull gown away from neck and shoulders, touching inside of gown only
- Turn gown inside out
- Fold or roll carefully into a bundle and discard into a waste container

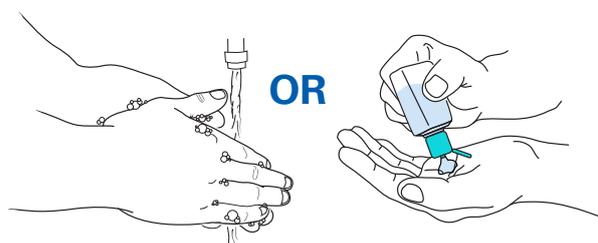


3. SURGICAL MASK

- Grasp bottom ties or elastics of mask and remove without touching the front
- Discard into a waste container



Wash hands or use an alcohol-based hand sanitiser immediately after removing all PPE.



Wash hands thoroughly between steps if hands become contaminated and immediately after removing all PPE.

Services and support directory

In an emergency:

- **If at any time you are in danger, need urgent medical help, or are having difficulty breathing, call 111 immediately. There is no cost for an ambulance.**
 - Call 111 for Fire and Emergency, Police, or Ambulance

If you start to feel worse

Call the health team straight away if your oxygen levels are lower than 95% or your heart rate is more than 99 - call 0800 226 829

For general health advice, not COVID-19 related:

- **Call your Doctor, or contact Healthline for free health advice by trained professionals**
 - Healthline: 0800 611 116

For health advice about babies or children

- **Call Plunket to speak to a Plunket nurse**
 - PlunketLine is a free help service for all families, whānau and caregivers: 0800 933 922

Find local social support services in your area

- **Call the Family Services helpline**
 - Family Services helpline: 0800 211 211

For mental health or addiction support

- **Call or text Helpline to talk with someone trained to help**
 - Call or text Helpline: 1737
 - For specific addiction help, contact the Alcohol Drug Helpline: 0800 787 797
- **Depression helpline**
 - 0800 111 757
- **Smoke-free quit support**
 - Once and For All: 0800 6623 4255
 - Quitline: 0800 778 778 or text 4006

For support for young people

- **Youthline supports all young people, including those who are struggling. Youthline is a free 24/7 Helpline service.**
 - 0800 376 633
 - Free text 234
 - Webchat: Youthline.co.nz

For support with family violence or sexual violence

- **The Elder Abuse Helpline is a free service that older people can contact if they or someone they know are experiencing elder abuse.**
 - Elder Abuse Hotline: 0800 326 6865
- **Call Women's Refuge for advice, support and safe accommodation when you're dealing with violence in your life.**
 - Women's Refuge: 0800 733 843
 - womensrefuge.org.nz

For rural and farming support

- **Contact your local Rural Support Trust. They can point you in the right direction for the support you need.**
 - Rural Support Trust: 0800 787 254

For access to food or essential items

- **We all need food and essential items such as medicine, so please don't try to go without. You can apply for a benefit online and check your eligibility for food assistance.**
 - Call your local pharmacy for help with medicines
 - Workandincome.govt.nz
 - Food grant & benefit: My.msd.govt.nz
 - General line: 0800 559 009
 - Seniors 65+: 0800 552 002
- **Foodbank**
Foodbank.co.nz

For business support

- **All businesses and sole traders can get support and advice on: government financial supports, finding free or subsidised expert mentoring, advice and business continuity.**
 - 0800 505 096
 - How to access COVID-19 business support
 - What Traffic Light Levels means for your business
 - HR and general business advice

Work and Income

- **You may be eligible for support even if you are working, depending on your personal circumstances**
 - 0800 559 009
 - workandincome.govt.nz
 - food costs
 - accommodation costs
 - emergency medical and dental treatment
 - water tank refill
- **For seniors (65 plus)**
 - 0800 552 002

Tough times affect each of us differently. Building these simple actions into our everyday lives can really help, and can make a big difference to our friends and whānau.



Connect / Me whakawhanaunga

Talk and listen, be there, keep in touch.
Our relationships can really top us up.
*Me kōrero, me whakarongo, me whakawātea
i a koe, me rongo i te whanaungatanga.*



Give / Tukua

Share a smile, kind word or gesture.
Kindness boosts the way we feel too.
*Me aro tonu ki ngā mea māmā noa,
i ngākau harikoa ai koe.*



Keep learning / Me ako tonu

Try new things or enjoy a favourite pastime.
Be curious. Go for it!
*Awhitia te wheako hou, kimihia ngā ara hou,
me ohorere koe i a koe anō.*



Take notice / Me aro tonu

Tune in. Notice the little things.
Take a moment to breathe.
Te wā ki a koe, kupu, ko koe tonu



Be active / Me kori tonu

Moving our body can move our mood.
Just do what you can – every bit counts.
*Whāia te mea ka taea e koe, kia pārekareka
tāu i whai ai, kia pai ake ō piropiro.*

Find wellbeing ideas and share your own at: [allright.org.nz](https://www.allright.org.nz)

**GETTING
THROUGH
TOGETHER**

WHĀIA E TĀTOU TE PAE TAWHITI

It's just as important to look after your mental health as your physical health. If you have access to the internet there are a host of sites that will nourish you (more than social media)!

Mental wellbeing helplines

- [Mentalhealth.org.nz](https://www.mentalhealth.org.nz)
- [Justathought.co.nz](https://www.justathought.co.nz)
- [Leva.co.nz](https://www.leva.co.nz)
- [Allright.org.nz](https://www.allright.org.nz)

Self-help for stress and disruption

- [Melonhealth.com](https://www.melonhealth.com)
- [mentemia.com/nz](https://www.mentemia.com/nz)

Information about COVID-19

- [Covid19.govt.nz](https://www.covid19.govt.nz)

Whakatauki Mai | The Wellbeing Sessions

- Free online wellbeing sessions – www.wellbeingsessions.nz

How to create a QR code for your home, for drop offs and health care team visits

If you have a printer at home you may like to create a QR code for your home, you can do so on the Ministry of Health website, Unite Against Covid-19.

- Everything you need to create a QR code or provide a manual sign-in for visitors or health team members can be found online at [covid19.govt.nz](https://www.covid19.govt.nz).
- Search for QR codes in the search function at the top of the page.

If you can't work from home

- It's important you stay home until you are advised you can leave. If you can't work while you are isolating, your employer may be able to apply for the Short-term Absence Payment to help them pay you.
- If you test positive or need to isolate because you are a close contact, your employer may be able to apply for the Leave Support Scheme. It's to help them keep paying you if you can't work while isolating.
- If you're self-employed and are unable to work while isolating, you can also apply for these payments.
- More information: [workandincome.govt.nz/employer-covid-support](https://www.workandincome.govt.nz/employer-covid-support) or call Work and Income on 0800 559 009.

Support from Ministry of Social Development



- Many people will be able to manage with help from friends and whānau, and there is information and help available if you need it.
- When you're told you need to isolate, you'll be asked if you need any support or help. It could be for things like food, groceries or other things.
- Ministry of Social Development (MSD) is coordinating support and connecting people with the right service to help them.
- If you need help, MSD can connect you with someone. They may be from marae-based services or support that iwi have established, a local community organisation or a government agency.
- They will call you to talk about how they can help so you and your whānau get the support you need to isolate.
- If you are isolating and need support, you can call the COVID Welfare phone line, 0800 512 337. It's open 8am–8pm seven days a week.

My Health Diary



Weeks 1 and 2

This diary will help you track your COVID-19 symptoms and record the readings from your pulse oximeter, if required by the health team. Even if you feel okay, please fill it in regularly. If your condition changes, when and how it changes may help the health team decide the best response.

- For oxygen and heart rate, write down the numbers from your pulse oximeter. Full instructions on how to do this are on page 17 of this booklet.
- For each symptom, write down if you feel Better (B), the Same (S) or Worse (W) than the previous day
- In the last row, give yourself a number out of 10 as to how you feel overall, where 10 is great and 1 is very unwell.
- Please record these THREE times a day, every day, around the same time.

My Health Diary – Week 1

For each symptom, write down if you feel: Better **(B)**, the Same **(S)** or Worse **(W)** than the previous day.

Date	1: / /			2: / /			3: / /		
Time of Day	AM	NOON	PM	AM	NOON	PM	AM	NOON	PM
Oxygen (%SPO ₂) Top number on Pulse Oximeter									
Heart Rate ♥ Bottom number on Pulse Oximeter									
Temperature									
Trouble breathing									
Cough									
Thirsty									
Headache									
Sore throat									
Fever/chills									
Tiredness									
Vomiting (being sick)									
Diarrhoea (runny poo)									
Overall									

My Health Diary – Week 2

For each symptom, write down if you feel: Better **(B)**, the Same **(S)** or Worse **(W)** than the previous day.

Date	1: / /			2: / /			3: / /		
Time of Day	AM	NOON	PM	AM	NOON	PM	AM	NOON	PM
Oxygen (%SPO ₂) Top number on Pulse Oximeter									
Heart Rate ♥ Bottom number on Pulse Oximeter									
Temperature									
Trouble breathing									
Cough									
Thirsty									
Headache									
Sore throat									
Fever/chills									
Tiredness									
Vomiting (being sick)									
Diarrhoea (runny poo)									
Overall									

**Can I have
dinner with my
whānau?**

**When
should I call
for help?**

**What can I do
to keep my
tamariki safe?**



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)

Te Kāwanatanga o Aotearoa
New Zealand Government

**Unite
against
COVID-19**