

Managing COVID-19 at Home

Most people who test positive for Covid-19 will be safely cared for at home. Doctors, nurses, or another trusted health provider will deliver care virtually (by video) or by telephone throughout your illness.



Get a Covid Test

Detecting Covid early is important for stopping the virus' spread. Get tested if:

- You have cold or flu-like symptoms
- You've been at a location of interest at the relevant time. See COVID-19: Contact tracing locations of interest: www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-health-advice-public/about-covid-19
- You have been identified as a contact by Public Health or a contact tracing team.



Positive Covid Result

If you test positive for Covid, you'll be contacted by Public Health and your general practice team. If you do not have a general practice, you will still get the same service. The care is provided virtually, mostly by video. Most general practices in Otago and Southland have said they will care for their own patients.

Hospital care and some supported isolation and quarantine (SIQ) spaces are available for those who need additional care. Care and support is provided regardless of residency.



Cared for at Home

You and your whānau will need to isolate at home. You'll have regular contact with a healthcare provider – in most cases your own GP - who will provide care throughout your illness – usually around two weeks.

You will be contacted either daily or every second day depending on your age, ethnicity, health conditions, and personal circumstances. If you don't have a smart phone or data, this will be provided to you, so that you can make video contact.

If you are assessed as needing daily contact, you will receive a pulse oximeter to measure your heart rate and oxygen levels. You will be asked to track your symptoms each day.

If your symptoms worsen or you don't think you can wait until your next planned call, you can contact your own doctor or an 0800 number to speak to a clinician on-call. If you are concerned you can always phone 111.



Extra Support

When you're told you need to isolate, you'll be asked if you need any support or help. Most people will be able to look after themselves. However, some people may need things like groceries and medication.

If you need help, The Ministry Social Development will connect you with someone. They may be from a local community organisation, a government agency, or marae-based services or support that iwi have established.

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 on 0800 512 337. It's open seven days a week.



Be Prepared

Have a plan for how you and your whānau can self-isolate if a household member is Covid positive.

Have two days of supplies and food on hand, so if you or someone you live with has a Covid test you can safely self-isolate until you receive the result. If possible, have two weeks' supply of any medications, food and other supplies as well.



Communicate

Write down important details and contact phone numbers, your GP, your pharmacies, a close friend or family member outside your household.



Get Vaccinated

The best thing you can do to help keep you and your loved ones safe is to be fully vaccinated. The Covid vaccine helps protect you from getting infected with Covid-19 and reduces the chances you will spread it to others.

Further Information:

www.wellsouth.org.nz

coordinator@wellsouth.org.nz

In an emergency, call 111

