

My COVID-19 Plan

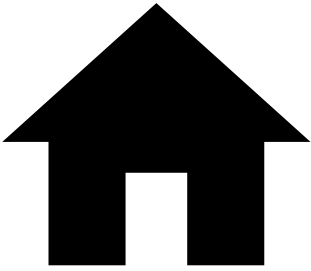
COVID-19 is a virus that can make people sick.

COVID-19 is sometimes called:

- Coronavirus
- The Delta variant
- Omicron

Most people who get COVID-19 will:

- not need to go to the hospital
- be able to self-isolate safely at home



When you self-isolate it means you have to:

- stay at home while you are sick
- keep away from people
- not have visitors
- not go out until you get told that you can

IF YOU FEEL SICK CALL YOUR DOCTOR OR HEALTHLINE (0800 611 116)

FOR URGENT HELP OR IF YOU HAVE TROUBLE BREATHING CALL 111

It is important to have a plan so you are ready in case you need to self-isolate.

This sheet will help you to think about what you need at home to be ready.

Turn over and you will see a checklist for your plan.

You can ask someone to support you with filling it out.

Find out more at [Covid19.govt.nz](https://www.covid19.govt.nz)

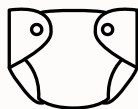
Unite
against
COVID-19

Things I will need to stay at home

Tick the things you will need



Food



Things for baby



Pet food



Extra Medicine



Tissues



Face Masks



Plastic gloves



Soap or Sanitiser



Cleaning things



Rubbish bags



Pads or tampons



Hearing aid batteries

Things that will help me feel better

Tick the things you will need



Blankets



Ice blocks



Money on my phone



Someone to talk to



Things to do



Things to watch

Who can help you if you need a contactless delivery?



Share your plan with someone you trust.