

# COVID-19

## WHAT TO DO IF YOU FEEL UNWELL

IF YOU HAVE COVID-19 SYMPTOMS



SUCH AS:

- COUGH
- SNEEZING
- RUNNY NOSE
- SHORT OF BREATH
- FEVER
- SORE THROAT

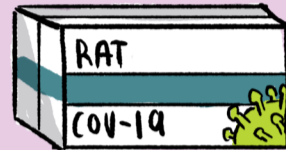


**SELF ISOLATE**  
FROM WHEN YOUR SYMPTOMS START



ORDER RAPID ANTIGEN TESTS (RATs) ONLINE

COLLECT FROM LOCAL PHARMACY, GP OR TESTING CENTRE



FOLLOW PACKET INSTRUCTIONS

RESULTS WILL BE VISIBLE AFTER 20 MIN



IF YOU TEST NEGATIVE BUT HAVE SYMPTOMS



STAY AT HOME & TEST AGAIN 24 HRS LATER



IF YOU TEST NEGATIVE AGAIN & STILL HAVE SYMPTOMS



CONTACT A HEALTH PROFESSIONAL FOR SUPPORT



IF YOU TEST POSITIVE FOR COVID-19

SELF ISOLATE



TO FIND OUT HOW LONG YOU NEED TO SELF ISOLATE GO TO [COVID19.GOV.T.NZ/POSITIVE](https://www.covid19.govt.nz/positive)



EVERYONE ELSE IN YOUR HOUSEHOLD WILL ALSO NEED TO SELF ISOLATE & GET TESTED FOR COVID-19



RECORD THE RESULTS OF ANY RAPID ANTIGEN TEST ONLINE IN YOUR "MY COVID RECORD" IF YOU NEED HELP DOING THIS CALL **0800 222 478**



NEW MESSAGE...

IF YOU HAVE PROVIDED YOUR MOBILE NUMBER YOU WILL BE SENT A CODE TO ACCESS AN ONLINE FORM



FILL THIS OUT TO HELP IDENTIFY RISKS & SUPPORTS

### WHILE ISOLATING:

FOOD & SUPPLIES MUST BE CONTACTLESS DELIVERY



TELL PEOPLE YOUR HOUSEHOLD IS ISOLATING (WORK, SCHOOL, REGULAR VISITORS)

YOU CAN EXERCISE OUTSIDE BUT NOT AT ANY SHARED FACILITY (SWIMMING POOL, GYM ETC.)



YOU MUST MAINTAIN PHYSICAL DISTANCING.



KEEP SURFACES CLEAN & OPEN WINDOWS TO INCREASE VENTILATION & AIRFLOW!



IF SYMPTOMS WORSEN OR YOU NEED URGENT MEDICAL CARE CALL YOUR GP OR HEALTHLINE ON **0800 358 5435**



IF YOU OR THE PERSON YOU ARE CARING FOR DEVELOPS DIFFICULTY BREATHING, SEVERE CHEST PAIN FAINTING OR BECOMES UNCONSCIOUS. CALL **111** IMMEDIATELY.



FOR MORE INFO GO TO [COVID19.GOV.T.NZ](https://www.covid19.govt.nz)