



Individual Isolation Information

Complete and return to your parish Wardens, another person who can hold this information, or (for Clergy) Peter Mann House bishops.pa@calledsouth.org.nz

Personal Details

Name.	
Parish	
Role - Clergy, Lay Leader, Employee	
Email.	-
Phone.	
Home Address.	
Next of Kin.	
Next of Kin Phone.	

Home isolation Considerations

<u>Item</u>	<u>Yes / No</u>	<u>Comments</u>
Home Isolation Available		
Separate Bathroom / Toilet Available		
Vulnerable People in Household ¹		
Ability to Obtain Essentials (food etc) ²		
Working Partner		
Childcare Requirements ³		
Working from Home Considerations ⁴		
Separate Isolation Requirements ²		

Notes:

1. Vulnerable people may include those living in the household who have medical conditions, mental health considerations, children, older people over the age of 60 or who are unvaccinated.
2. When isolating at home, you will not be able to leave your home so need to have someone who can get all the essentials you will require. Do you have any local support available (family/church/community) Ministry of Health (MoH) Isolation Guidelines are included below.
3. If you are required to isolate, your partner works and you have children at home, what are your childcare requirements.
4. If you are isolating at home, are there any MoH requirements you need to consider so you are able to work from home, i.e. location of your computer.

Self-isolating at home

Ministry of Health Guidelines for Self-isolating at home. (www.health.govt.nz)

You should self-isolate for at least 7 days since your last contact or exposure to the confirmed case and until you are told you no longer need to do so by a public health official.

What it means to self-isolate at home:

- You should not leave the house for any reason while you are awaiting a test result or are self-isolating, until you receive a negative test result or until you're cleared by public health staff.
- You cannot get vaccinated whilst you are self-isolating. If you have a vaccine appointment scheduled either ring the vaccine booking line or go online to change your vaccination booking.
- You should not go to the pharmacy, supermarket or make any other stops in public while you are self-isolating.
- You should not go to work or school. If you are unable to work from home during this time, your employer (or you, if you are self-employed) may be able to apply for leave support to help support you. For more information visit the [Work and Income website](#).
- You should maintain a 2-metre distance from your household members and should not share a bed or bedroom with any member of your household.
- It is important that you do not use public transport, taxis or similar transport methods.
- You should not have visitors in your home (including tradespeople).
- Where possible, ask friends or family to shop for you. If this is not possible, order supplies online. Make sure any deliveries are left outside your home for you to collect. If you need assistance, the Ministry of Social Development has information about where you can go for services and support, what you can get help with, and contact information. Visit the [Ministry of Social Development website](#).

- Minimise the time you spend in shared spaces such as bathrooms, kitchens and sitting rooms as much as possible and keep shared spaces well ventilated.
- If you need medical assistance, call ahead to your health provider and tell them you are a Close Contact. Clean your hands with hand sanitiser and put on a face mask before you enter any health care facility.
- If you are a Close Contact and have, or later develop, any COVID-19 symptoms the people in your immediate household should stay at home until you receive a negative test result; public health officials will provide you with further advice.

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