

My COVID-19 Plan

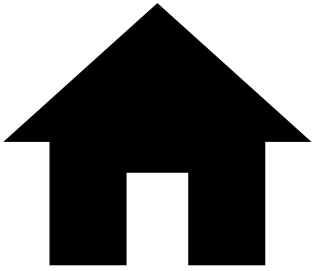
COVID-19 is a virus that can make people sick.

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**

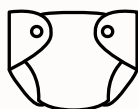
**Unite
against
COVID-19**

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.