

# Get ready for COVID-19

We now have widespread cases of COVID-19 Omicron in our communities. Please be aware that anywhere you go you may be at risk so remember to take all the precautions you can to protect yourself and your family.

High risk locations of interest can be found on the Ministry of Health website – please note there may be some delay in this information being uploaded so keep checking.

Please do not go to work or school if you have symptoms – go and get tested and isolate until you have your result.

Vaccination is the best protection against COVID-19, so we encourage you to be fully vaccinated – this includes getting your booster. There are also many simple, practical things you can do to prepare in case you, or someone in your household becomes unwell.



## Get your booster

It takes about two weeks after vaccination for the body to build protection against COVID-19, so the time to act is now.

Getting the booster vaccination is your best defence against Omicron. It protects people against serious illness and decreases the need for hospitalisation and ICU care.

You can now get your booster shot three months after you have received your last full vaccination dose.

**Don't delay!**  
**Book your booster,**  
**5–11-year-old vaccination**  
**and first and second dose**  
**online now at**

- [www.bookmyvaccine.covid19.health.nz](http://www.bookmyvaccine.covid19.health.nz)
- or
- Call 0800 28 29 26



## If you are sick get tested

If you have cold or flu-like symptoms, no matter how mild, get tested for COVID-19.

COVID-19 symptoms can start off being as simple as a scratchy throat, sneezing, or a bit of a runny nose.

If COVID-19 is identified early it can make a huge difference for our families, whānau and community.

If you have symptoms, or have been at a location of interest and have been advised to get tested, please get tested and stay home until you receive a negative test result.

## To find your nearest testing location in the Southern district

- Call 0800 VIRUS19 (0800 847 8719)
- or
- Visit [www.wellsouth.nz](http://www.wellsouth.nz)



## What do I do if I test positive?

If you test positive for COVID-19 from 17 February, you will receive a positive test result notification via text message. This also provides a link to a new online contact tracing form.

This form enables you to provide information on:

- Further symptoms that may have developed
- Details of your household contacts
- Instructions on how to share your NZ Covid Tracer diary and Bluetooth data
- Details of any high-risk locations and close contacts
- Additional health questions that help identify any support that you might require
- Any personal welfare needs.

It takes approximately 30 minutes to complete the form. If the form is not completed within 24 hours, you will receive a follow up call from a Public Health staff member.

If you do not have a mobile phone, you will be contacted via your landline or email.



## What happens if I need to isolate at home?

Most people with COVID-19 are likely to have a mild to moderate illness and be able to fully recover in their own home.

Everyone who tests positive for COVID-19, those who live with them, and their close contacts will need to isolate at home or other suitable accommodation to help stop the spread of the virus.

The period of self-isolation for people who test positive to COVID-19 is ten days. You should self-isolate until you are told you no longer need to do so by a public health official.

If you become seriously unwell while isolating at home, you will receive hospital care.

We all need a bit of extra support every now and again so if you, or someone you know, is struggling, there's a range of free help available.

- Free call or text 1737 to speak with a trained counsellor any time of the day or night (24/7).



## Get your household ready for COVID-19

Make a plan that includes:

- Essential supplies on hand so you will not need to leave your home if you become ill:
- Avoid panic buying. Add a few extra items every time you shop
- Remember to renew your prescription medications.

Alternative arrangements in case you become ill or if you need to care for a sick family member. For example:

- Have backup childcare in case you or your usual care provider become ill
- If you care for dependents, have a backup caregiver in place
- If you need to self-isolate away from your home have a back-up person to feed/exercise/ look after your animals
- Talk to your employer about working from home if possible.

For more information visit [www.southernhealth.nz/COVID19/be-ready](http://www.southernhealth.nz/COVID19/be-ready)