

Community Isolation & Quarantine fact sheet

Keeping you and your whānau safe at home

Isolating at home to protect you and your whānau



- **COVID-19 is highly infectious**
- **As you have COVID-19, we want to make sure you can isolate at home. This will help keep your whānau, family and community safe**
- **Your Community Health provider will be looking after you.**
- **If you or members of your whānau have concerns call Healthline for free 24/7 on 0800 687 647.**

If you have been asked to stay at home this can be a worrying time. Your community health provider will want to make things as easy as possible and will provide you with all the information and resources you need to keep yourself and others safe and get well. There is a specialised health team in the community to check on you every day. It is very important you have regular health checks, so please answer calls from the team. Make sure you save their number in your phone. Please read all the information they provide carefully as well as follow any advice given.

ISOLATING AT HOME

It's important that you stay at home for at least 10 days from when your symptoms started. You will need to stay at home and self-isolate until a health professional says you are allowed to leave and you have had no symptoms for 72 hours.

You cannot leave your property for any reason except for medical attention (by an ambulance). This means you can't go to the shops, work, get vaccinated, see people outside your home, or have visitors.

If you need help getting food, medical items or other essential items speak to your Community Health team.

If you do leave the house or have visitors, you may be required to go into a managed isolation facility.

DO MY WHĀNAU OR OTHERS IN THE HOUSE HAVE TO STAY HOME AS WELL?

Everyone in the house also has to stay in isolation, even if they have been vaccinated. If it's not safe for them to isolate at home then they should discuss going to a managed isolation facility with Community Health staff.

If your household members do not have COVID-19 they will have to get tested regularly to check. They will be told when and where to get tested.

Anyone you live with will need to stay home for the entire time you are isolating, plus at least 10 more days. This is because they can still get COVID-19 after you have recovered. If another member of your household also gets COVID-19, then others in your home will need to isolate for longer. Community Health staff will help explain this to you.



Call 111 immediately if you need urgent medical help or are having difficulties breathing. Tell them you have COVID-19 when you ring.