



COVID-19 - HOW TO SELF-ISOLATE (IF REQUIRED)

SELF ISOLATION IS AN EFFECTIVE MEASURE OF PREVENTION. STAYING HOME IS A PRECAUTIONARY MEASURE TO PROTECT THOSE AROUND YOU – YOUR FAMILY, FRIENDS, COLLEAGUES - FROM POSSIBLY CONTRACTING COVID-19

WHO?



Anyone who arrived back in NZ after Sunday 15th March



Anyone who has returned a positive test for COVID-19



Anyone who has been identified as a close contact of a confirmed case – this generally means you will have spent more than 15 minutes in proximity (less than 2m) of the infected individual.

HOW LONG?

14 DAYS: from the first full day after arrival into NZ

TWO WEEKS: from the first full day returning a positive test

A FORTNIGHT: from the last time you spent time with a known case.



WHICH EVER WAY YOU LOOK AT IT - SELF-ISOLATION IS FOR 14 DAYS.

PROTOCOL FOR SELF-ISOLATION

	WHAT	WHY?
	WASH YOUR HANDS FREQUENTLY	Cleaning your hands frequently throughout the day by washing with soap and water for 20 seconds or using hand sanitiser will help protect you and the people you live with. This step is one of the most effective ways of reducing the risk of infection to you and to other people. If you live with others, they should also wash their hands regularly as a precaution. Avoid touching your eyes, nose, and mouth with unwashed hands.
	LIVE A SEPARATE LIFESTYLE	If you are in a home where the others who live with you do not fit the criteria for self-isolation you should minimise close contact with them by avoiding situations where you have face-to-face contact closer than 2 metres for more than 15 minutes. Other household residents do not need to self-isolate provided these precautions are followed.
	DO YOUR OWN THING	Use your own toothbrushes, eating and drinking utensils (including cups and glasses in the bathroom and bedroom), dishes, towels, washcloths or bed linen. Do not share food and drinks. Someone in your home can prepare your food, but you should not prepare food for others. Wash your clothing and dishes separate to others in your home.
	COVER YOUR COUGHS AND SNEEZES	Cover your mouth and nose with a tissue when you cough or sneeze, or you can cough or sneeze into your elbow. Throw used tissues in a lined trash can, and immediately wash your hands with soap and water for at least 20 seconds making sure you dry them thoroughly. You can also use hand sanitiser.
	LIVING ARRANGMENTS	You should not be sharing a bed or sharing a common sleeping area while in self-isolation. If you share a bathroom or kitchen, ensure you wipe all surfaces down after use – each time! Ideally stagger cooking times and minimise all time in shared space for the 14 day duration.
	LAUNDRY	Do not shake dirty laundry; this minimises the possibility of dispersing virus through the air. You should fold and put away your own laundry items. If you do not have a washing machine, wait a further 72 hours after your 14-day isolation period has ended before taking your laundry to a laundrette. Don't ask others to do your laundry
	DON'T INVITE PEOPLE OVER	Don't invite or allow social visitors, such as friends and family, to enter your home. If you want to speak to someone who is not a member of your household, use the phone or other means of contact. It is okay for friends, family or delivery drivers to drop off food.

**FEELING UNWELL? CONTACT HEALTHLINE FOR FREE ON [0800 358 5453](tel:08003585453), OR YOUR GP.
THE SYMPTOMS OF COVID-19 ARE COUGH, FEVER, AND SHORTNESS OF BREATH.**

WHAT CAN YOU DO WHEN SELF-ISOLATING WITH NO SYMPTOMS?



Take a walk around the block



Go for a run or a bike



Get out in the garden



Open your windows and allow for a well ventilated room with clean air circulating

It is an important time to look after your mental health and taking a break from your home is important if you are well – it is just important to ensure you **LIMIT ANY CONTACT WITH OTHERS**. **REMEMBER: LESS THAN 15 MINUTES, 2 METERS APART.**

WHAT IS THE POINT?

Self-isolation is about protecting others and slowing down the spread of COVID-19. This helps the health service cope with the demands placed upon it as a result of an outbreak like COVID-19. Hopefully it means everyone who needs medical help will receive it.

THE MINISTRY OF HEALTH DEFINES SELF-ISOLATION AS “STAYING AWAY FROM SITUATIONS WHERE YOU COULD INFECT OTHER PEOPLE”. SPECIFICALLY, IT MEANS ANY SITUATION WHERE YOU MAY COME IN CLOSE CONTACT WITH OTHERS.