

What to expect when self-isolating

Health, welfare and wellbeing checks

If you're feeling nervous or unsure about what the next few weeks will look like, kei te pai (all good). Everyone who starts home isolation feels this way – it's totally normal. While you are isolating at home, you'll have a designated contact person who will check up on you regularly to make sure that you and your whānau are safe.

Within the first 24 hours of getting your test result

- Your health, welfare and wellbeing needs are discussed, with immediate supports and information provided. This could be with your GP, a social and wellbeing provider, a kaupapa Māori or Pacific provider, or the public health unit.

Within the first 48 hours of getting your test result

- If you can safely stay in your home, you will receive a care pack containing advice on self-care and path to recovery. It may include a pulse oximeter if you need one.

From 48 hours onwards

- Ongoing assessments of your welfare and wellbeing needs
- Frequency of the health checks you will receive over the time you are self-isolating will vary, depending on your symptoms and recovery:
 - If you are at low risk of experiencing severe COVID-19 infection and have mild symptoms, you are likely to be monitored every other day via telehealth.
 - If you have moderate symptoms or are considered more at risk, you will receive a daily virtual health check from your health provider.
- Others in your household will need to be tested regularly to check whether they have COVID-19. You will be advised when, how and where this needs to be done.

Day 10

- Final health assessment
- If you are determined to be symptom free, you will be able to leave your house the next day.
- You do not need to be tested. The result would likely show as positive but that doesn't mean you are infectious.

Days 11+

- Anyone you live with will need to stay home for the entire time you are isolating.
- Your health contact will continue to check in on them during this time
- If someone else in your household tests positive for COVID-19, you'll be advised on how much longer you need to isolate for.

And remember if at any time you need urgent medical help or are having difficulties breathing, call 111 immediately. Tell them you have COVID-19 when you ring.

Find out more at [Covid19.govt.nz](https://www.covid19.govt.nz)

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