

COVID-19 guide

Overview fact sheet

We are now living with COVID-19 in the community. With less reliance on health services to contact trace and provide care support, there's now more self-responsibility required.

Be prepared

We recommend all village residents have a **COVID-19 plan** to get through a **minimum of seven (7) days** in self-isolation. Community care hubs will provide community support but there may be delays due to demand.

Some examples of what to consider

- Purchase and hold Rapid Antigen Tests (RATs) so you have these if needed
- Make sure Summerset has all of your current next of kin information
- Organise with friends or family to do contactless drop offs of food and supplies
 - See our *Where to get help and support fact sheet*, if needed
- Plan ways to minimise the spread to household members who are not unwell
- Plan activities to help pass the time
- Choose an "isolation pal" to keep in daily contact with
- Write down key contacts so you can easily reach out, or someone else can on your behalf
- Ensure you have enough medication at home to get you through
- Stock up on cleaning, personal, and food supplies
- Have enough pet supplies on hand. Plan for someone to care for your pet if you can't

Share your plans with those supporting and helping you - or who you're supporting.

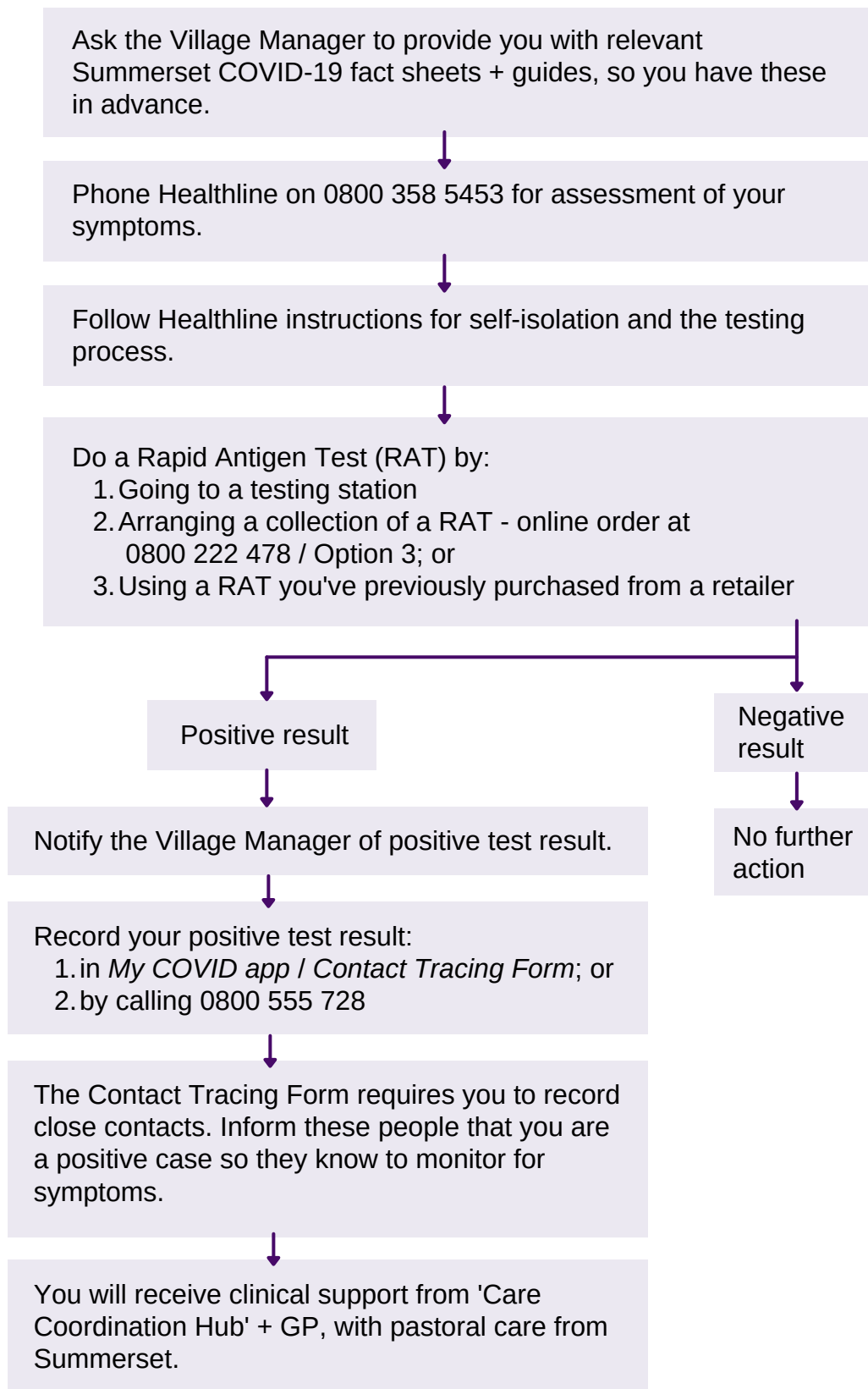
If you think you have COVID-19

If you are feeling unwell, call Healthline on 0800 358 5453. They will ask a series of questions to help determine if you have COVID-19. If you are advised to get a test, they will tell you where you can go.

You can reduce your stress by purchasing Rapid Antigen Tests in advance, so if you have symptoms, you can test at home straight away

- See our *Getting + reading a Rapid Antigen Test fact sheet* for more information on RATs
- See our *Complete contact tracing fact sheet* for information on recording your result with the Ministry of Health

The process if you have COVID-19 symptoms



If you have COVID-19

COVID-19 affects different people in different ways. Most infected people will develop mild to moderate illness and will recover within two (2) weeks.

- See our *Symptoms, management, and when to get medical help fact sheet* for more information
- See our *Where to get help and support fact sheet* for more information about accessing COVID-19 support and services

Once notified, the village team will provide pastoral care check-ins. If at any time you feel seriously unwell with COVID-19, do not hesitate to dial 111.

When to self isolate



If you take a rapid antigen test (RAT), your result will be on the test. If you did this yourself at home, upload the positive result to your My COVID Record page.



The isolation period for COVID-19 is seven (7) days. If you are still sick, stay home. Start counting the 10 days from day zero (0). Day 0 is the day that your symptoms started or that you got tested (if no symptoms).



Your household members will need to remain in isolation with you until your seven (7) days is complete.

Those returning from overseas or hospital, or those visiting from overseas do not need to isolate. They should, however, not enter any of our common areas for five (5) days post any possible exposure risk to help protect others.

Self-isolating in an apartment

You should not leave your apartment while isolating. But if there is an emergency situation that requires you to leave, please wear an N95 mask and physically distance from others.

Please discuss your living situation with the community care team and make sure they know you reside close to others.

Things to consider when self-isolating

Isolate exposure if living with others

- Isolate yourself to a bedroom and remain in this area. If sharing a bathroom, clean it regularly.
- Do not share crockery, cutlery or linen with others.

Health and hygiene

- Wash your hands often. This is one of the most effective ways to reduce the risk of infection.
- Wear a mask when near others, even your partner. Change your mask regularly and throw away after use.

Waste disposal

- Dispose of tissues, masks and incontinence products in a tied plastic bag in your household rubbish bin.
- Please do not take your waste and recycling to the communal village bins or put it out for collection while isolating as it may be infectious. Please call the office manager at the end of your isolation period and we will arrange collection.



For more information

For more information, visit www.covid19.govt.nz

Contact your Village Manager if you have further questions or concerns.

Available COVID-19 fact sheets:

- Symptoms, management and when to get medical help
- Where to get help and support
- Getting and reading a Rapid Antigen Test (RAT) result
- Complete contact tracing
- Ministry of Health Contact tracing form user guide