

# Care in the community



## Support with Covid-19

We are working with many organisations in our region to ensure all our Wairarapa communities can be well supported in the event of any local illness.

Most fully-vaccinated people with Covid-19 are likely to recover in their own home. While they are isolating, people will be supported by local providers to ensure their health, welfare and wellbeing needs are met while they are recovering. Here is what to expect:

### Day 1 in isolation:

Someone will let you know you have tested positive, and will provide support and information. Your immediate health, welfare and wellbeing needs will be discussed.

### Within 48 hours:

If you can safely stay in your home, you will receive a care pack containing advice on self-care and how to get better.

### Day 3–10:

If you are at low risk of experiencing severe Covid infection and have only mild symptoms, you will receive a virtual health check (probably a phone call) every second day.

If you have moderate symptoms or are considered more at risk, you will receive a daily virtual health check from your health provider.

If you need urgent medical help or can't breathe properly, call 111 immediately. Tell them you have Covid-19 when you ring.

Everyone in your home will need to be tested regularly to check whether they have Covid-19.

## If you are travelling

If you are unwell or have been exposed to Covid-19 while on holiday, contact Healthline. If you need to get a test, please do so as soon as possible - do not wait until you get home to get tested.

## Isolating at home

When you test positive for Covid-19 you will need to isolate in your home or in suitable accommodation for at least 10 days while you recover.

Everyone else in your home must isolate for at least 10 days while the Covid-19 positive person is recovering, and you will be advised if further isolation is required beyond that.

## Support while isolating

It is normal to feel anxious or stressed about isolating with Covid-19. You will be provided a contact person, who will be in touch with you often to make sure that you and your whānau are safe and supported. You can reach out for 24 hour health support by phone.

If you need additional help or support to manage for your household at home, you will be connected with someone suitable to talk about what is needed.

## Be prepared

- Get fully vaccinated - both doses are needed for protection, and then a booster shot after 6 months
- Have food stocks and medicines on hand to be able to manage if you have to isolate at home
- Mask, Scan, Pass
- Keep a record of people that visit you over the holidays and the dates and times they are there
- Don't go anywhere if you feel sick. Get tested
- Ask people who are sick not to visit you
- Talk to your family, neighbours and support people about how you can look out for each other if you have to isolate at home



**Wairarapa DHB**

*Wairarapa District Health Board*

Te Poari Hauora a-rohe o Wairarapa