

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.

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.

Look out for each other

We all need support from time to time. If you or someone you know needs a listening ear, call or text 1737 any time, 24 hours a day. You can also call Lifeline on 0800 543 354 or text HELP to 4357.

Hosting gatherings

If you or anyone in your home is sick, do not host gatherings or invite people over. It might be tempting to continue with your Christmas plans, but no one wants to be exposed to anyone who is sick and risk isolating during the holidays as a result. Never place pressure on people to attend events if they are sick.

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.

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
- 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
- Make a plan. Go to the Covid pages on the DHB website and make your own readiness checklist

Stay safe - stay well

- Wash your hands well and often
- Mask, scan, pass
- Get tested if you feel even just mildly unwell



Wairarapa DHB

Wairarapa District Health Board

Te Poari Hauora a-rohe o Wairarapa