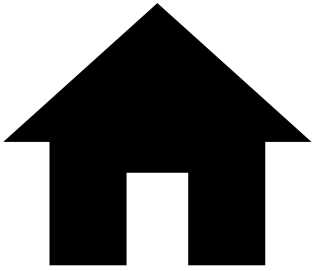# My COVID-19 Plan

COVID-19 is a virus that can make people sick.

COVID-19 is sometimes called:

- **Coronavirus**
- **The Delta variant**
- **Omicron**

Most people who get COVID-19 will:

- **not need to go to the hospital**
- **be able to self-isolate safely at home**

When you self-isolate it means you have to:

- **stay at home while you are sick**
- **keep away from people**
- **not have visitors**
- **not go out until you get told that you can**

IF YOU FEEL SICK CALL YOUR DOCTOR OR HEALTHLINE (0800 611 116)

FOR URGENT HELP OR IF YOU HAVE TROUBLE BREATHING CALL 111

It is important to have a plan so you are ready in case you need to self-isolate.

This sheet will help you to think about what you need at home to be ready.

Turn over and you will see a checklist for your plan.

You can ask someone to support you with filling it out.
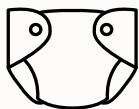
Find out more at **Covid19.govt.nz**

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Things I will need to stay at home

Tick the things you will need

Food	☐
Things for baby	☐
Pet food	☐
Extra Medicine	☐
Tissues	☐
Face Masks	☐
Plastic gloves	☐
Soap or Sanitiser	☐
Cleaning things	☐
Rubbish bags	☐
Pads or tampons	☐
Hearing aid batteries	☐

Things that will help me feel better

Tick the things you will need

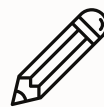|	
Blankets	☐
Ice blocks	☐
Money on my phone	☐
Someone to talk to	☐
Things to do	☐
Things to watch	☐

Who can help you if you need a contactless delivery?

_____

Share your plan with someone you trust.

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