











Information for managing at home with COVID-19



Common symptoms	Management advice	Avoid
 Fatigue (feeling really tired)	<ul style="list-style-type: none"> Rest Only do what you feel up to; it's okay to let other household members help you 	<ul style="list-style-type: none"> Don't do heavy exercise or other busy activities that wear you out until you feel well again
 Fever (feeling hot or high temperature on a thermometer)	<ul style="list-style-type: none"> Rest and drink plenty of water or other fluids Use a cool cloth to wash your face, hands and neck Make the house a comfortable temperature and open windows for ventilation (breeze) – but make sure you don't get too cold Take paracetamol or ibuprofen, if needed* 	<ul style="list-style-type: none"> Don't use heavy clothing/bedding, hot water bottles, electric blankets <div style="border: 1px solid #ccc; padding: 5px; background-color: #f9f9f9;">  Talk to your GP if body temperature is $\geq 40^{\circ}\text{C}$ in an adult or $\geq 39^{\circ}\text{C}$ in a child or older person </div>
 Sore throat Cough	<ul style="list-style-type: none"> Try sucking on a spoon of honey or sipping a hot drink Gargling salt water, using a throat spray or lozenges can help with sore throats Some people find cough syrup medicines* can help, but they work about the same as the suggestions above 	<ul style="list-style-type: none"> Don't lie on your back if you have a cough; leaning forward while sitting or standing can help you breathe more easily if you are feeling uncomfortable
 Runny or blocked nose	<ul style="list-style-type: none"> Use saline nose drops or a spray "Decongestant" medicines from your pharmacy may be helpful in the short-term* Some people find steam inhalation makes them feel better for a short time, but you have to be careful not to burn yourself (N.B. steam does not kill the virus) 	<ul style="list-style-type: none"> Don't use decongestants for longer than 7 days Don't use steam inhalation for children
 Headache or muscle aches	<ul style="list-style-type: none"> Some people find a bath is soothing or use a heat pack Take paracetamol or ibuprofen, if needed* 	<ul style="list-style-type: none"> Don't stop drinking fluids (even if you feel unwell) Drinks with high sugar content can make diarrhoea worse
 Nausea (feeling sick) and vomiting Diarrhoea	<ul style="list-style-type: none"> Have regular small sips of fluid or try sucking on ice cubes if you are having trouble keeping solids down; eating bland foods may help, e.g. crackers, toast Food or drink that contains ginger may help settle nausea If you have ongoing vomiting or diarrhoea, talk to your doctor or pharmacy about drinks you can make at home, buy or be prescribed (oral rehydration solution) 	<div style="border: 1px solid #ccc; padding: 5px; background-color: #f9f9f9;"> <p>* Note: Talk to your local pharmacy or general practice clinic if you need more advice about the medicines that you can take</p> </div>
Less common symptoms	<ul style="list-style-type: none"> Losing sense of taste and smell, skin rash, red or irritated eyes 	


 **When will I get better?**
For most people, **symptoms are worst during the first week** (days 4–6) and then slowly start to get better. Some people will only have mild symptoms the whole time.

 If you are not feeling better in 2 weeks, you start to feel worse or new symptoms appear, contact your **general practice** (during the day) or the **COVID-19 Healthline** (after hours – see below for contact details)


 **Stay at home**

- You and the people you live with need to stay at home for at least 7 days*
- Don't invite people into your home – ask other family or friends to bring you what you need and drop it at the door. If you need help with supplies, contact Whānau Home Quarantine (see below).

* Isolation rules may change, for latest information, visit: covid19.govt.nz/isolation-and-care/how-to-self-isolate


 **Call 111 if you have any of these things (tell them you have COVID):**

- Severe difficulty breathing or severe chest pain
- Confusion or difficulty thinking clearly
- Feeling faint, passing out, difficulty waking up
- A large amount of blood when you cough (having some streaks of blood is common and usually nothing to worry about)

 **Caring for child with COVID-19?**


- Use all of the same advice on this sheet
- Monitor your child's temperature with a thermometer if you have one

Remember: Children may be unable to tell you what's wrong so watch carefully for any **unusual behaviour**


 **Not up to date with vaccination?**

- You can get the COVID-19 vaccine (or a booster) 3 months after you recover

Note: you still need this, even if you've had COVID-19

 **For further information**
about COVID-19 self-care and specific advice on caring for children with COVID-19, visit:

- www.healthnavigator.org.nz
- www.healthinfo.org.nz/index.htm?Coronavirus.htm

 **COVID-19 Healthline: 0800 358 5453**
Whānau Home Quarantine:

- Help with your care: **0800 687 647**
- Help with supplies: **0800 512 337**