

## Plans and tools

Use a separate piece of paper to make household plans so everyone knows in advance what to do and how to help.

- Our emergency contacts
- People who can help make isolating easier (e.g. by dropping off food)
- Our care and support plans (e.g. for children, dependents)
- How we'll let people know we're isolating
- Household instructions (e.g. how to take care of pets and plants, household maintenance such as paying bills)

**Wellness kit** What everyone needs to look after their health and wellbeing will be different, but below are some general ideas.

### General hygiene checklist

- Masks
- Hand sanitiser
- Gloves
- Rubbish bags
- Tissues
- Cleaning products

### Note down what else you might need:

## Dealing with COVID-19 symptoms

- Cough / Throat / Sinus**  
Soothers such as Kawakawa or other balms, ice blocks, vapour rubs or eucalyptus for steaming, treatments for your nose and throat like sprays or lozenges.
- Fever**  
Things to help soothe temperature, like ice packs, hot water bottles, warm clothes and pain relief like paracetamol.
- Aches**  
Things to help keep you comfortable – like pillows and blankets.

Note down what other medicines for family members you might need if isolating:

**Staying mentally well** It's normal to feel anxious or stressed in times of difficulty. Don't be afraid to reach out for help. For support with anxiety, distress or mental wellbeing, you can call or text **1737** to talk with a trained counsellor for free, 24 hours a day, 7 days a week.

Some ideas to look after wellbeing include:

- Stay connected with friends and whānau
- Acknowledge your feelings – it's normal to feel anxious or stressed
- Stick to routines where possible
- Limit your time online

Note down what other things you think might help (e.g. things you enjoy and can do at home):

**Things to find out** What don't you know about COVID-19? What do you need to find out to help you feel more prepared? Covid19.govt.nz is a good place to start.

## COVID-19 Support Services

COVID-19 Healthline: **0800 358 5453**

Healthline: **0800 611 116**

Health advice about babies or children  
PlunketLine: **0800 933 922**

Family Services: **0800 211 211**

Work and Income: **0800 559 009**

Mental health support: call or text **1737**

Alcohol Drug Helpline: **0800 787 797**

Rural Support Trust: **0800 787 254**

Business support:

North Island **0800 500 362**

South Island **0800 505 096**