



**CENTRAL
HAWKE'S BAY**
DISTRICT COUNCIL

C'mon Central Hawke's Bay!

What's your COVID-19 Plan?

Tē tōia, tē haumatia

Nothing can be achieved without a plan and a way of doing things

Kia ora!

We're working together with Te Taiwhenua o Tamatea, Community Organisations, Hawke's Bay District Health Board, Te Taiwhenua o Heretaunga ki Waipukurau, and health providers to ensure our community is as prepared for COVID-19 as we can be.

It's only a matter of time before a positive case of COVID-19 is in our community. The health care system will always be there for those who need help but most people who contract COVID-19 will not require hospitalisation and will be able to isolate safely at home. Everyone who tests positive for COVID-19 and their household needs to stay at home and avoid contact with others, including whānau.

Together we Thrive! Being ready is about people, conversations, connections and knowing what to do. Being ready will mean your whānau and our community can help each other if needed.



Make your plan today!

As a community, we'll be ready to respond and provide support, however we all need to do our bit to ensure we can get through.

Use the template provided as a basic checklist of what you need to have prepared or considered if you or your whānau get COVID-19.

Your four steps to get ready for COVID-19

1. Make a plan

Complete the make a plan checklist, and make sure you know what you'll do if someone gets māiui/sick.

2. Have what you need

Work out what you need to have to help you and those around you. That's not just about toilet paper or bread, but things to bust the isolation boredom!

3. Know and share your plan

Make sure that the people who matter know what you'll do and also what you need them to do for you.

4. Reach out to friends and whānau

We're all in this together and we'll get through together. Be sure to stay connected to your community and those around you.





Support if you get COVID-19

Most fully-vaccinated people with COVID-19 are likely to have a mild to moderate illness and will fully recover in their own home, or in suitable alternative accommodation.

Supported by health professionals and our wider community, we'll be working to ensure that the health, welfare and wellbeing needs of those infected and affected are met.

Isolation stops the spread of the virus

Everyone who tests positive for COVID-19 and everyone who lives with them will need to isolate to help stop the spread of the virus for at least 10 days.

There are two ways to self-isolate – at home or in suitable alternative accommodation, or in a managed isolation facility.

Managed isolation facilities are in different locations, with the Hawke's Bay facility currently in Napier and a local facility being worked through in the event it is needed.

If there is another property that you have access to, or are provided, that is more suitable for self-isolation than your usual place of residence, you can self-isolate there instead. If you are seriously unwell you will receive hospital care.

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 contact you often to make sure that you and your whānau are safe and supported, and given a telephone number for 24 hour health support.

Your point of contact may be an individual or a team that could include your general practice, primary care provider or a local community care provider, or a community organisation.

If you need more help or support to manage at home you will be connected with someone to help you get the support you need to self-isolate. You will also be able to call a special COVID Welfare Line that will be able to guide you on financial and other support as well.

What to expect if you get COVID-19

Health, welfare and wellbeing checks

If you have COVID-19, you'll be required to isolate – generally from home. While you are isolating at home, you'll have a designated contact person who will check up on you regularly to make sure that you and your whānau are safe. If you test positive for COVID-19, this is what you can expect:

Within the first 24 hours of getting your test result

- Your health, welfare and wellbeing needs are discussed, with immediate supports and information provided. This could be with your GP, a social and wellbeing provider, a kaupapa Māori or Pacific provider, or the public health unit.

Within the first 48 hours of getting your test result

- If you can safely stay in your home, you will receive a care pack containing advice on self-care and path to recovery. It may include a pulse oximeter if you need one.

From 48 hours onwards

- Ongoing assessments of your welfare and wellbeing needs
- Frequency of the health checks you will receive over the time you are self-isolating will vary, depending on your symptoms and recovery:
 - If you are at low risk of experiencing severe COVID-19 infection and have mild symptoms, you are likely to be monitored every other day via telehealth.
 - If you have moderate symptoms or are considered more at risk, you will receive a daily virtual health check from your health provider.
- Others in your household will need to be tested regularly to check whether they have COVID-19. You will be advised when, how and where this needs to be done.

Day 10

- Final health assessment
- If you are determined to be symptom free, you will be able to leave your house the next day.
- You do not need to be tested. The result would likely show as positive but that doesn't mean you are infectious.

Days 11+

- Anyone you live with will need to stay home for the entire time you are isolating.
- Your health contact will continue to check in on them during this time
- If someone else in your household tests positive for COVID-19, they'll be advised on how much longer they need to isolate for.

And remember if at any time you need urgent medical help or are having difficulties breathing, call 111 immediately. Tell them you have COVID-19 when you ring.



**For official advice and information on vaccinations, how to be prepared or on COVID-19 head to: [Covid19.govt.nz](https://www.covid19.govt.nz) or www.ourhealthhb.nz.
For local advice head to www.chbdc.govt.nz/covid-19**

* This resource is a general preparedness guide and does not contain specific quarantine or home-isolation medical advice for close contacts or people who have returned positive results.