

# COVID-19 Household Plan

This is your COVID-19 response plan to ensure you are prepared when COVID-19 impacts you or your loved ones. Please take the time to complete and share it with your household. Keep it somewhere accessible.



## Who is this plan for?

### Household members

Name .....	Ph no .....	DoB .....
Name .....	Ph no .....	DoB .....
Name .....	Ph no .....	DoB .....
Name .....	Ph no .....	DoB .....
Name .....	Ph no .....	DoB .....
Name .....	Ph no .....	DoB .....

## Does anyone have special requirements?

Will anyone in your household need assistance while at home during isolation? Does anyone rely on medical care or services? Does anyone have a medical condition? Does anyone rely on prescription medicine? Do they have supplies to last for an isolation period? Add more pages with specific information to your plan as you need.

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**For local health information and COVID-19 updates head to [www.ourhealthhb.nz](http://www.ourhealthhb.nz). Facebook: Hawke's Bay DHB.  
For general community information including where to access local support head to [www.chbdc.govt.nz/covid-19](http://www.chbdc.govt.nz/covid-19).**

Always remember to scan in by using the NZ COVID Tracer app, or keep a record of your movements, to help keep yourself and your community safe.

\* 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. Please refer to [COVID-19.govt.nz](http://COVID-19.govt.nz) or [www.ourhealthhb.nz](http://www.ourhealthhb.nz) for specific advice.

## Any babies or young children?

Do you have nappies, formula etc to last for an isolation period? Do you have alternative plans if you are sick and unable to care for children? Prepare a list of items that your children may need if they are staying with others, include school and aftercare details.

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## Any pets?

Your animals will still need care. Do you have pet food to last for an isolation period? Have you identified someone that could walk your dog? Is there someone that could take your pets if you are unable to care for them? Do you have cages and carriers if they need to be collected? Have you recorded your pets care details, feeding schedule, vet etc?

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## Who will help your household?

You may need help with grocery deliveries, child care, pet care etc. Arrange with a trusted friend or family member that may be able to safely provide contactless assistance.

Name ..... Ph no ..... Help provided .....

Name ..... Ph no ..... Help provided .....

Name ..... Ph no ..... Help provided .....

Name ..... Ph no ..... Help provided .....

## Anyone else who might need help?

Are there any friends, family or neighbours who might need your help if they were to isolate?  
Could you do their contactless grocery shopping or look after a child or pet? Make an arrangement with them.

Name ..... Ph no ..... Help needed .....

Name ..... Ph no ..... Help needed .....

Name ..... Ph no ..... Help needed .....

## Useful contacts

Household contacts		
	Name	Phone Number
GP/Medical practitioner		
Chemist/pharmacist		
Employer		
Employer		
Emergency contact		
Emergency contact		
Support agency		
Support agency		
Education provider		
Childcare provider		

## COVID-19 contacts and resources

	Number	Website
Emergency services	111	
Vaccination booking <i>Getting vaccinated is the best way to protect yourself, your family and your community against COVID-19.</i>	0800 28 29 26	<a href="http://www.bookmyvaccine.nz">www.bookmyvaccine.nz</a>
Vaccination clinics		<a href="http://www.hbcovidvaccine.nz">www.hbcovidvaccine.nz</a>
COVID-19 information		<a href="http://www.covid19.govt.nz">www.covid19.govt.nz</a>
COVID-19 healthline	0800 358 5453	
COVID-19 testing <i>If you are experiencing cold and flu symptoms, no matter how mild, you need to get tested for COVID-19. It's important to get tested even if you have been vaccinated.</i>	Your doctor or Healthline	<a href="http://www.ourhealthhb.nz">www.ourhealthhb.nz</a>
Healthline	0800 611 116	<a href="http://www.health.govt.nz">www.health.govt.nz</a>
Need to talk?	1737	
Five ways to wellbeing		<a href="http://www.mentalhealth.org.nz">www.mentalhealth.org.nz</a>
MSD – financial assistance, enquiries and information	General enquiries 0800 559 009 Seniors (NZ Super) 0800 552 002	<a href="http://www.msd.govt.nz">www.msd.govt.nz</a> <a href="http://www.workandincome.govt.nz">www.workandincome.govt.nz</a>

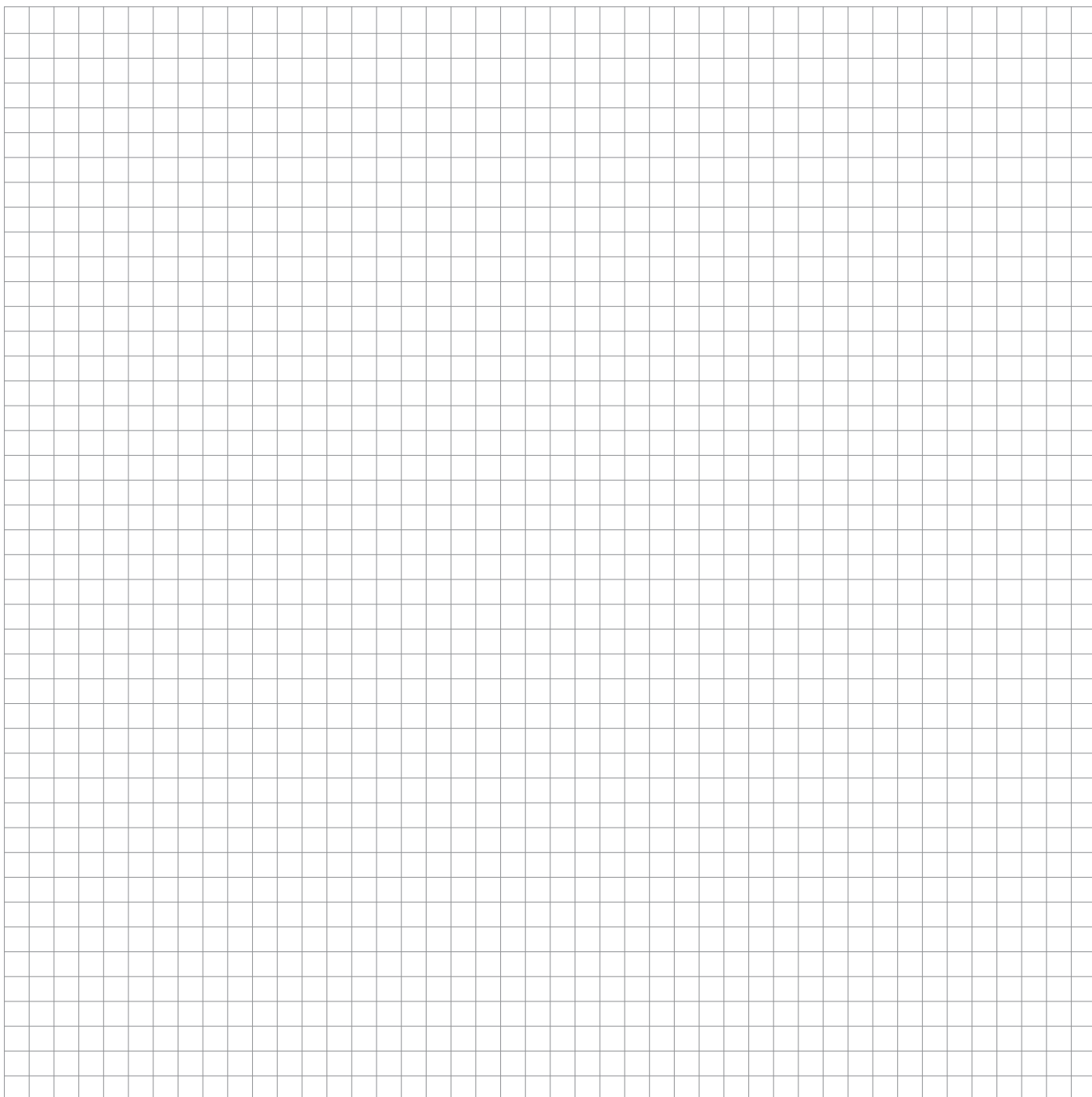
## Checklist

	Do we have these?	Do we need them?	How many do we need?
Face masks			
Hand sanitiser			
Supplies for illness eg tissues, paracetamol, lozenges, iceblocks			
Food – easy to prepare and heat, healthy			
Fluids – avoiding caffeine and alcohol, consider electrolytes if unwell			
Pet supplies			
Baby supplies			
Hygiene supplies			
Cleaning supplies			
Prescriptions			

## Home isolation layout

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Use the grid to draw your home for your isolation layout. Draw your home's floor plan including all rooms, doors and windows. Designate areas that are for isolation, shared areas and locations of sanitisers.



## Tips to keep others in your home safe

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**If you are isolating use these tips to help reduce the spread of germs:**

- Stay away from others in your home – stay out of rooms where others are and do not share a bed if possible. Do not prepare food for others.
- Wear a face mask or covering. It is recommended each household member has a minimum of two face coverings and that each is washed at the end of the day.
- As much as possible, open windows and doors to allow air to flow through your house.
- Wipe down surfaces used by others like bathroom taps and kitchen benches with soap, water and a cloth. Do not share dishes and cutlery, towels and pillows. Do your own laundry.
- Wash your hands often and cough or sneeze into an elbow or tissue.

*Together we Thrive! E ora ngātahi ana!*