

COVID-19 – Official Information

- **Life at Orange**
- **Life at Red**
- **What happens if you test positive for COVID-19?**
- **Is your household ready if someone gets COVID-19?**
- **Travel within New Zealand**



Life at Orange

December 2021

At Orange, there is community transmission of COVID-19. There are increasing risks to vulnerable communities and pressure on the health system.

About Orange

At Orange, you can continue to do everyday activities and can travel across the country. You can go to work, school, gyms, church, restaurants, and many more places.

There are some restrictions on some activities to limit the spread of the virus and protect vulnerable people.

Most businesses can open with no restrictions on numbers if they choose to use Vaccine Passes. If they choose not to use Vaccine Passes, there are limits on the number of people who can be in a venue at one time.

Under the COVID-19 Protection Framework, household bubbles do not exist.

My Vaccine Pass

My Vaccine Pass is an official record of your COVID-19 vaccination status for use within Aotearoa New Zealand.

You must legally provide your My Vaccine Pass to enter places that have vaccination requirements in place. This may include hospitality venues, events, gatherings and gyms.



You cannot be asked to provide your My Vaccine Pass to access basic needs such as supermarkets, public transport, and essential health care.

Take the following link for information about My Vaccine Pass
<https://tinyurl.com/y62vb3bq>

Face coverings at Orange

Face coverings help reduce the spread of COVID-19.

At Orange there you must wear a face covering if you are:

- on domestic air transport services;
- on public transport;
- at arrival and departure points of public transport services;
- in retail businesses;
- at public venues/facilities (not swimming pools though);
- at pharmacies;
- at veterinary services and animal health and welfare services;
- at courts and tribunals;
- in specified social services;
- at public area of premises operate by NZ Post Limited;
- at premises operated by a central govt agency, a local authority, or NZ Police;
- at health services other than pharmacies and are not a patient;
- a customer facing worker at a food and drink business or service;
- a customer facing worker at a close-proximity business;
- a customer facing worker at any type of gathering.



It is strongly encouraged that you wear a face covering everywhere else.

Take the following link to find out about face coverings
<https://tinyurl.com/yxumaqr7>

Support at Orange

If your income has been affected by COVID-19, you may be able to get financial support.

You might be eligible if you:

- have lost your job because you decide not to get the COVID-19 vaccination;
- have reduced income or you are unable to work because of COVID restrictions;
- need to get a COVID-19 test;
- need to self-isolate;
- need help with essential costs.

Take the following link to find out what support is available
<https://tinyurl.com/ygffsebf>

Business and events at Orange

Businesses and workplaces can open at Orange.

Everyone is entitled to access basic needs such as food, healthcare, public transport and emergency shelter. For this reason, some businesses including supermarkets, dairies, pharmacies, etc. will remain open under all traffic light settings and cannot ask for Vaccine Passes.



If a business is using My Vaccine Pass, these must be checked by the business, and it is recommended they are scanned with the Verifier app. If a business is choosing not to use Vaccine Passes there may be restrictions.

Take the following link to find out about the Verifier app
<https://tinyurl.com/ygh4yk7p>

If you are organising an event or gathering, make sure:

- any capacity limits are being followed;
- people are wearing face coverings when required;
- surfaces are cleaned regularly.

Activity	Examples	With My Vaccine Pass	Without My Vaccine Pass
Basic needs	<ul style="list-style-type: none"> ▪ supermarkets; ▪ dairies; ▪ pharmacies; ▪ petrol stations; ▪ public transport (except air travel); ▪ essential health and disability services. 	No capacity limits	No capacity limits
Retail	<ul style="list-style-type: none"> ▪ shops; ▪ outdoor markets; ▪ banks etc. 	Capacity limits based on 1-metre distancing	Capacity limits based on 1-metre distancing



Hospitality	<ul style="list-style-type: none"> ▪ restaurants / bars; ▪ nightclubs. 	No capacity limits	Contactless pick-up or delivery only
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Gatherings and visits at Orange

You can:

- have gatherings at Orange, like meeting friends, holding a wedding and attending church, if you choose to use My Vaccine Pass;
- serve food and drink at your gathering. If you have exclusive use of a hospitality venue for your gathering, you do not need to follow the hospitality rules for the service of food and drink;
- visit places like aged-care facilities, social housing and hospitals at Orange. However, you should check with each place before you go to see if there are restrictions;
- visit friends and family in prison, with restrictions. Visitors to prison must have had at least one COVID-19 vaccine dose.

Activity	Examples	With My Vaccine Pass	Without My Vaccine Pass
Public and private gatherings	<ul style="list-style-type: none"> ▪ catching up with friends and family; ▪ weddings and civil union ceremonies; ▪ faith-based gatherings; 	No capacity limits	At your home: Capacity limit of up to 50 people



	<ul style="list-style-type: none"> ▪ get-togethers and parties at your home; ▪ club functions; ▪ social sports; ▪ funerals and tangihanga. 		<p>At any other venue:</p> <p>Capacity limit of up to 50 people in a defined space based on 1-metre physical distancing</p>
Visiting friends and family	<ul style="list-style-type: none"> ▪ Aged-care facilities; ▪ social housing; ▪ hospitals; or ▪ prisons. 	Not relevant	Not relevant

Education at Orange

Education facilities can open at Orange.

All students Years 4 and up must wear face coverings indoors and when in close contact with others. Staff and teachers must wear face coverings when teaching and supporting children in Years 4 and up. All parents, caregivers, family, and other visitors are encouraged to wear face coverings on site.

Children and parents or caregivers of a child or student cannot be prevented from going to school or early childhood services based on their vaccination status.

At education sites, some people must be fully vaccinated to have contact with children and students.



This includes teachers, staff, home-based educators, support people in schools and early learning centres, including volunteers, teacher aides, administration and maintenance staff, contractors, visitors (not including parents, family and caregivers of students).

Tertiary students can attend classes, lectures, labs, workshops, tutorials, and meetings in person.

If you are sick, waiting for a COVID-19 test result or have been asked to self-isolate, stay home and do not go to your educational facility. Your school, kura, or tertiary facility should provide distance learning options if you need to stay home.

Activity	Examples	With My Vaccine Pass	Without My Vaccine Pass
Certified playgroups		No capacity limits	Cannot operate
Early childhood and schools		Not relevant	Not relevant
Tertiary	Universities, polytechnics	Not relevant	Not relevant

Sport and recreation at Orange

You can attend sports events and play sport at Orange, with restrictions.



Capacity limits include children, but not staff.

Activity	Examples	With My Vaccine Pass	Without My Vaccine Pass
Outdoor community sport	Social touch rugby	No capacity limits	Capacity limit of up to 50 people in a defined space based on 1-metre physical distancing
Outdoor exercise classes	<ul style="list-style-type: none"> ▪ Outdoor yoga classes; ▪ Bootcamps. 	No capacity limits	Capacity limit of up to 50 people in a defined space based on 1-metre physical distancing
Indoor sport	Indoor cricket, netball or football.	No capacity limits	Capacity limit of up to 50 people in a defined space based on 1-metre physical distancing



Recreation	<p>Gyms and indoor recreation facilities such as:</p> <ul style="list-style-type: none"> ▪ dance studios ▪ yoga studios; ▪ health clubs; ▪ bowling alleys; ▪ ice-skating rinks. 	No capacity limits	Cannot operate
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Travel at Orange

You travel anywhere for any reason at Orange.

Some transport providers, such as Air New Zealand and Cook Strait ferry operators, may require you to show a vaccine pass or negative COVID-19 test result, taken within 72 hours before your journey, before boarding if you are aged 12 or above.

Testing for travel is not available at community testing centres. If you need a test to travel you must arrange and pay for it yourself.

If you're planning to travel:

- Do not travel if you are unwell.
- Do not travel if you have been told to self-isolate.
- You do not need a vaccine pass or a negative COVID-19 test, unless required by the transport provider.
- If you are travelling into a different setting area, you will need to follow the guidance for that area when you are there.



- There are no physical distancing requirements on transport services or in airports, train stations or bus terminals.

What is a defined space?

A defined space is a single indoor or outdoor space separated from other spaces. If your venue has multiple defined spaces, you must make sure that groups do not mix. What this looks like in practice may vary. For example, it could mean making sure you have separate entrances for shared areas, or stagger start times. It might also mean you make sure that groups use different bathrooms or service counters.

Keep protecting each other

Even though New Zealand is a highly vaccinated country, COVID-19 can still spread in the community.

To slow the spread of the virus, and continue to help protect you, your family, and your community, it is important to keep up healthy habits:

- Regularly wash and thoroughly dry your hands or use hand sanitiser.
- Sneeze and cough into your elbow.
- Keep your distance from people you do not know.
- Clean or disinfect shared surfaces often.
- If you have cold, flu or COVID-19 symptoms, stay home and get a test.
- Emergency services will operate under all traffic light settings. In an emergency, call 111.

End of Life at Orange



Life at Red

December 2021

At Red, we need to take action to protect our vulnerable communities and our health system from COVID-19.

About Red

There are restrictions on where we can go at Red. But there are also everyday things that everyone can do. You can meet friends and family inside and outside, go shopping, access healthcare, attend school and travel.

Being vaccinated will give you greater protection.

My Vaccine Pass

My Vaccine Pass is an official record of your COVID-19 vaccination status for use within Aotearoa New Zealand.

You must legally provide your My Vaccine Pass to enter places that have vaccination requirements in place. This may include hospitality venues, events, gatherings and gyms.

You cannot be asked to provide your My Vaccine Pass to access basic needs such as supermarkets, public transport, and essential health care.

Take the following link for more information about My Vaccine Pass, <https://tinyurl.com/y4ybtlss>



Face coverings at Red

Face coverings help reduce the spread of COVID-19.

At Red there you must wear a face covering if you are:

- on domestic air transport services;
- on public transport;
- at arrival and departure points of public transport services;
- in retail businesses;
- at public venues/facilities (not swimming pools though);
- at pharmacies;
- at veterinary services and animal health and welfare services;
- at courts and tribunals;
- in specified social services;
- at public area of premises operate by NZ Post Limited;
- at premises operated by a central govt agency, a local authority, or NZ Police;
- at health services other than pharmacies and are not a patient;
- a customer facing worker at a food and drink business or service;
- a customer facing worker at a close-proximity business;
- a customer facing worker at any type of gathering.

It is strongly encouraged that you wear a face covering everywhere else.

You can take the following link to find out about face coverings, <https://tinyurl.com/yxumaqr7>



Support at Red

If your income has been affected by COVID-19, you may be able to get financial support. You might be eligible if you:

- have lost your job because you decide not to get the COVID-19 vaccination;
- have reduced income or you are unable to work because of COVID restrictions;
- need to get a COVID-19 test;
- need to self-isolate;
- need help with essential costs.

Take the following link to find out what support is available
<https://tinyurl.com/ygffsebf>

Business and events at Red

Workplaces can open at Red. If it is appropriate for your job, you can work from home. Talk to your employer about what is appropriate for you.

Take the following link to find out about the Verifier app
<https://tinyurl.com/ygh4yk7p>

If you are organising an event or gathering, make sure:

- any capacity limits are being followed
- people are wearing face coverings when required
- surfaces are cleaned regularly.



Activity	Examples	With My Vaccine Pass	Without My Vaccine Pass
Basic needs	<ul style="list-style-type: none"> ▪ supermarkets; ▪ dairies; ▪ pharmacies, ▪ petrol stations, ▪ public transport (except air travel); and ▪ essential health and disability services. 	No capacity limits	No capacity limits
Retail	<ul style="list-style-type: none"> ▪ shops; ▪ outdoor markets; ▪ banks etc. 	Capacity limits based on 1-metre distancing	Capacity limits based on 1-metre distancing
Hospitality	<ul style="list-style-type: none"> ▪ Restaurants; ▪ bars, ▪ nightclubs, etc. 	<p>Capacity limit of up to 100 people in a defined space based on 1-metre physical distancing</p> <p>Customers must be seated and separated.</p>	Contactless pick-up or delivery only



Events	<ul style="list-style-type: none"> ▪ cinemas; ▪ theatres; ▪ stadiums, ▪ concert venues; ▪ conference venues; ▪ casinos; ▪ private galleries etc. 	Capacity limit of up to 100 people in a defined space based on 1-metre physical distancing	Cannot operate
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Gatherings and visits at Red

You can:

- have gatherings at Red, like meeting friends, holding a wedding and attending church, if you choose to use My Vaccine Pass;
- serve food and drink at your gathering. If you have exclusive use of a hospitality venue for your gathering, you do not need to follow the hospitality rules for the service of food and drink;
- visit places like aged-care facilities, social housing and hospitals at Red. However, you should check with each place before you go to see if there are restrictions;
- visit friends and family in prison, with restrictions. Visitors to prison must have had at least one COVID-19 vaccine dose.



Activity	Examples	With My Vaccine Pass	Without My Vaccine Pass
Public and private gatherings	<ul style="list-style-type: none"> ▪ Catching up with friends and family; ▪ weddings and civil union ceremonies; ▪ faith-based gatherings, ▪ get-togethers and parties at your home; • club functions; • social sports; • funerals and tangihanga. 	<p>At your home: Capacity limit of up to 100 people</p> <p>At any other venue: Capacity limit of up to 100 people in a defined space based on 1-metre physical distancing</p>	<p>At your home: Capacity limit of up to 25 people</p> <p>At any other venue: Capacity limit of up to 25 people in a defined space based on 1-metre physical distancing</p>
Visiting friends and family	Aged-care facilities, social housing, hospitals or prisons	Not relevant	Not relevant

Education at Red

Education facilities can open at Red.

All students Years 4 and up must wear face coverings indoors and when in close contact with others.



Staff and teachers must wear face coverings when teaching and supporting children in Years 4 and up.

All parents, caregivers, family, and other visitors are encouraged to wear face coverings on site. Children and parents or caregivers of a child or student cannot be prevented from going to school or early childhood services based on their vaccination status.

At education sites, some people must be fully vaccinated to have contact with children and students. This includes teachers, staff, home-based educators, support people in schools and early learning centres, including volunteers, teacher aides, administration and maintenance staff, contractors, visitors (not including parents, family and caregivers of students). Tertiary students can attend classes, lectures, labs, workshops, tutorials, and meetings in person.

If you are sick, waiting for a COVID-19 test result or have been asked to self-isolate, stay home and do not go to your educational facility. Your school, kura, or tertiary facility should provide distance learning options if you need to stay home.

Activity	Examples	With My Vaccine Pass	Without My Vaccine Pass
Certified playgroups		No capacity limits	Cannot operate
Early childhood		Not relevant	Not relevant

and schools			
Tertiary	<ul style="list-style-type: none"> ▪ universities; ▪ polytechnics 	Capacity limits based on 1-metre physical distancing.	Distance learning options will be offered.

Sport and recreation at Red

You can attend sports events and play sport at Red, with My Vaccine Pass restrictions.

Capacity limits include children, but not staff. Examples for when vaccine passes are required, or not required include:

Activity	Examples	With My Vaccine Pass	Without My Vaccine Pass
Outdoor community sport	Social touch rugby	Capacity limit of up to 100 people in a defined space based on 1-metre physical distancing	Capacity limit of up to 25 people in a defined space.



Outdoor exercise classes	<ul style="list-style-type: none"> ▪ Outdoor yoga classes; ▪ Bootcamps. 	No capacity limits	Capacity limit of up to 25 people in a defined space based on 1-metre physical distancing.
Indoor sport	Indoor cricket, netball or football	Capacity limit of up to 100 people in a defined space based on 1-metre physical distancing.	Capacity limit of up to 25 people in a defined space.
Recreation	<p>Gyms and indoor recreation facilities such as:</p> <ul style="list-style-type: none"> ▪ dance studios; ▪ yoga studios; ▪ health clubs; ▪ bowling alleys; ▪ ice-skating rinks. 	Capacity limit of up to 100 people in a defined space based on 1-metre physical distancing.	Cannot operate
Public facilities	<ul style="list-style-type: none"> ▪ libraries; ▪ public galleries; ▪ museums; ▪ zoos; 	Capacity limits based on 1-metre	Capacity limits based on 1-metre physical distancing.



	<ul style="list-style-type: none"> ▪ swimming pools; ▪ recreation centres 	physical distancing.	
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Travel at Red

You travel anywhere for any reason at Red.

Some transport providers, such as Air New Zealand and Cook Strait ferry operators, may require you to show a vaccine pass or negative COVID-19 test result, taken within 72 hours before your journey, before boarding if you are aged 12 or above.

Testing for travel is not available at community testing centres. If you need a test for this reason you must arrange and pay for it yourself.

- If you're planning to travel:
- Do not travel if you are unwell.
- Do not travel if you have been told to self-isolate.
- You do not need a vaccine pass or a negative COVID-19 test, unless required by the transport provider
- If you are travelling into a different setting area, you will need to follow the guidance for that area when you are there.
- There are no physical distancing requirements on transport services or in airports, train stations or bus terminals.



What is a defined space?

A defined space is a single indoor or outdoor space separated from other spaces. If your venue has multiple defined spaces, you must make sure that groups do not mix.

What this looks like in practice may vary. For example, it could mean making sure you have separate entrances for shared areas, or stagger start times. It might also mean you make sure that groups use different bathrooms or service counters.

Keep protecting each other

Even though New Zealand is a highly vaccinated country, COVID-19 can still spread in the community.

To slow the spread of the virus, and continue to help protect you, your family, and your community, it is important to keep up healthy habits:

- Regularly wash and thoroughly dry your hands or use hand sanitiser.
- Sneeze and cough into your elbow.
- Keep your distance from people you do not know.
- Clean or disinfect shared surfaces often.
- If you have cold, flu or COVID-19 symptoms, stay home and get a test.
- Emergency services will operate under all traffic light settings. In an emergency, call 111.

End of Life at Red



What happens if you test positive for COVID-19?

December 2021

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.

‘Care in the community’ is where people are supported by local care providers to ensure their health, welfare and wellbeing needs are met while they are recovering from COVID-19.

Why isolation?

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.

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 hotels in different locations across New Zealand where you can isolate for free, with your household for at least 10 days. 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.

Note: if you are seriously unwell you will receive hospital care.



Isolating at home

When you test positive for COVID-19 you will need to isolate in your home or in suitable accommodation for at least 10 days while you recover from COVID-19.

Everyone else in your home must isolate for at least 10 days while the COVID-19 positive person is recovering, and will be advised if further isolation is required beyond that.

While isolating

Do not:

- leave the place where you are isolating;
- go to work, school or public places;
- go on public transport or use taxis;
- go out to get kai and medicine;
- have visitors in your home except for health or community workers who are providing essential care to you or someone in your household;
- go to a vaccination appointment. If you have a vaccination appointment scheduled either ring the booking line or go online to change your appointment;
- go out in a public place to exercise – only exercise at home.

Where possible, ask whānau or friends to shop for you, but do not bring them into the house. If this is not possible, order supplies online. Make sure any deliveries are left outside your home for you to collect.



Health support while isolating

It is normal to feel anxious or stressed about isolating with COVID-19. You will be provided a health 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.

Key points of contacts for health support may differ across the country. 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.

Extra support

Many people will be able to manage with help from friends and whānau, but there is information and help available if you need it. When you're told you need to isolate, you'll be asked if you need any support or help.

Most people will be able to look after themselves. However, some people may need things like food and groceries.

Ministry of Social Development (MSD) is coordinating support, and connecting people with the right service to help them.

If you need help, MSD will connect you with someone. They may be from a local community organisation a government agency or marae-based services or support that iwi have established.

They will call you to talk about how they can help - so you and your whānau get the support you need to isolate.

If you are isolating and need support, you can call the COVID Welfare Phone Line on 0800 512 337. It's open seven days a week.

If you can't work from home

It's important you stay home until your test results come back. If you can't work while you are isolating, your employer may be able to apply for the Short-term Absence Payment to help them pay you.

If you test positive or need to isolate because you are a close contact, your employer may be able to apply for the Leave Support Scheme. It's to help them keep paying you if you can't work while isolating.

If you're self-employed and can't work while isolating, you can also apply for these payments.

More information can be found at

www.workandincome.govt.nz/employer-covid-support

Or phone 0800 559 009

Tips for keeping your whānau safe

To help reduce the spread of COVID-19, you should:

- Stay away from others in your home as much as possible. If you can avoid sharing rooms or beds or preparing food for others this will help reduce the chances of spread of COVID-19.
- 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. Please do your own laundry if possible.
- Wash your hands often and cough or sneeze into an elbow or a tissue.

Medicines

If you need medication, contact your GP or your local community pharmacy who will make arrangements for your medication to be safely delivered to your home.

Important things to remember

Please make sure you answer your phone, even if it's a private number.

For health support, call your health contact. Call 111 if you need urgent help.

Go to [Covid19.govt.nz](https://www.covid19.govt.nz) for more information. It's data free - you don't need data on your phone or device.

Health, welfare and wellbeing checks

Day 1

Someone will be in touch to let you know you have tested positive, and to provide support and information. Your immediate health, welfare and wellbeing needs will be discussed.



This could be your GP, a social and wellbeing provider, a kaupapa Māori or Pacific provider, or the public health unit.

Within 48 hours

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

Days 3–10

If you are at low risk of experiencing severe COVID infection and have only mild symptoms, you will receive a virtual health check (probably a phone call) every second day.

If you have moderate symptoms or are considered more at risk, you will receive a daily virtual health check from your health provider.

If you need urgent medical help or can't breathe properly, call 111 immediately. Tell them you have COVID-19 when you ring.

Everyone in your home will need to be tested regularly to check whether they have COVID-19 infection. You will be advised when, how and where this needs to be done.

Days 10-14

You will have a health assessment by a medical practitioner at 10 to 14 days (the timing depends on if you are vaccinated).

You will need to be free of COVID-19 symptoms for the 72 hours prior to your release date and continue to have no symptoms. If approved, you will be able to leave your house the next day.

You do not need to be tested. If you did, the result would likely show as positive but that doesn't mean you are infectious.

Beyond 10-14 days

Anyone you live with will need to stay home for the entire time you (and anyone else in your household who tests positive) are isolating. Once the last case has been released from isolation, the remaining members of the household will have a further period of 10 days in isolation. This means they will need to isolate for longer than you.

End of What happens if you test positive for COVID-19?



Is your household ready if someone gets COVID-19?

December 2021

Tē tōia, tē haumatia | Nothing can be achieved without a plan and a way of doing things

It's only a matter of time before a positive case of COVID-19 is in your 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.

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

Use the list below to have a kōrero and work out how ready you are to deal with COVID-19.

Then, make a plan for your household...

1. **Make a Plan - Work out what you'll do if someone gets māuiui / sick**

- Identify people outside of your home who could help if your family is isolating, for example by dropping off food or supplies or for social support.



- Services like The Student Volunteer Army might be able to help with drop offs and Work and Income may be able to help with costs.
- Are there people in your household who might need additional care or support? Talk to any in-home carers you have to make sure you agree in advance about what will happen if you need to isolate. Make plans if you have shared custody of a child or dependent.
- Talk to your school, work, community groups and networks to find out what their plan is - do they need anything from you? Will they be able to support you?
- Work out how to let people know your household is isolating - this could be a sign for your front door or fence. Set up a spot outside your front door with sanitiser and a pen and paper or QR code for people to record their details if they are helping with contactless drop off.
- If people are helping with contactless drop offs, do you want them to text or message before they arrive? Beep the car horn from the gate? Use an agreed entrance?
- Write down any household instructions someone else could easily follow if you get sick. Cover things like feeding pets, paying bills and watering plants.
- Think and talk about how you reduce the chances of COVID-19 spreading across your household. Can you reduce shared spaces, or increase cleaning?



2. Have what you need - Work out what you'll need to help you and those around you

- Make a list of whānau information - include everyone's names, ages, national health index numbers (NHI), any medical conditions and medication they normally take or medical supplies each person will need. Include emergency contact information like your Doctor's clinic, afterhours, and any support agencies.
- Gather things you enjoy. What might help stop boredom if you're isolating at home?

3. Know and share your plan - Make sure the people who matter know what they'll need to do

- Have a house meeting so everyone (including younger ones) knows what to do, how to support each other and who to contact if someone gets sick or has to go to hospital.
- Share your plan with wider whānau, neighbours and regular manuhiri/visitors and talk to them about what you'll need them to do and how you can help each other.

4. Reach out to friends and whānau – We're all in this together and we'll get through together

- Stay connected - arrange regular catch-ups with your whānau, friends and community. If you're isolating make sure these are online or by phone.
- Support your friends, whānau and workmates to make their own plans to get ready.



- Find out what your community is doing - is there a group making meals to freeze, sharing planning tips or just staying in the know?

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.
- Gloves.
- Tissues.
- Hand sanitizer.
- Rubbish bags.
- 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

End of: What happens if you test positive for COVID-19?



Travel within New Zealand

December 2021

Find out what you need to know about travelling within New Zealand under the traffic lights.

Travelling across traffic light settings

You can travel anywhere in New Zealand for any reason at all traffic light settings.

If you're travelling to an area that is at a different colour setting, you will need to follow the rules for that area. For example, if you travel from Orange to Red, you will need to follow the rules for a Red region.

Generally, you do not need a Vaccine Pass or negative test to travel. However:

- People leaving Auckland will need a Vaccine Pass or negative test until 17th January 2022.
- Some transport operators (e.g. airlines or Cook Strait ferries) may require you to provide a Vaccine Pass or a negative COVID-19 test. You do not need to have a Vaccine Pass or negative test when using public transport.

You **must not** travel if you've been told to self-isolate, or if you are waiting for the results of a test.

For more information about the traffic lights system, My Vaccine Pass, testing, and crossing the Auckland Boundary check out the following links:



- Traffic lights system: <https://tinyurl.com/4nmp7e9s>
- My Vaccine Pass: <https://tinyurl.com/64xwsaf2>
- Testing: <https://tinyurl.com/yvpsws35>
- Crossing the Auckland boundary:
<https://tinyurl.com/5ak2my8c>

Make a plan before you travel

Before you travel, you should prepare for what you need to do if you get COVID-19 while travelling. Your plan should include

- how you would get home;
- how you would get fuel (you should only stop at contactless petrol stations);
- supplies you would need to reduce the number of stops you make.

Take the following link to download a COVID-19 Readiness checklist, <https://tinyurl.com/2p82b4j6>

If you get COVID-19 symptoms while travelling

Get tested

If you become unwell or have been exposed to COVID-19 while you're away from home, you should:

- call Healthline on [0800 358 5453](tel:08003585453) for advice on testing;
- isolate at your accommodation if you're symptomatic, until you get your test result;
- call [111](tel:111) if you need urgent medical help or are having difficulties breathing. Tell them you have COVID-19.



If you test positive, a health professional will be in touch. You will be able to discuss what you need to do and whether it is safe for you to travel home. You will not be able to fly home, drive a long distance that requires an overnight stay or take public transport.

Self-isolate

You can return home to self-isolate only if it is possible to do so safely. Remember to keep track of where you go, wear a face covering and maintain physical distancing.

If you're unable to return home safely, you must remain where you are. You will still have support available to isolate as part of the Care in the Community programme.

You will need to tell the owner/operator of your accommodation whether you're a contact of a case or if you have tested positive.

You can take the following link to find out what to expect when self-isolating, <https://tinyurl.com/tcrvj8>

Face coverings while travelling

When you're travelling, you must wear a face covering:

- on flights;
- on Cook Strait ferries;
- at arrival and departure points (e.g. airports);
- on public transport;
- in ride-share cars.



Face coverings are also encouraged whenever you leave the house. Depending on the traffic light settings, face coverings are mandatory in certain places. Make sure you know the requirements before you travel.

Keep track of where you have been

To stop any future spread of COVID-19, we need to trace the contacts of anyone who has had exposure to COVID-19 and break the chain of transmission. Recording people's movements helps us to do this quickly and efficiently.

Keep track of where you have been by downloading the NZ COVID Tracer app from the App Store at this link <https://tinyurl.com/vcm6wem8> or from Google Play at the following link <https://tinyurl.com/4xwve93y> You can also use a NZ COVID Tracer booklet.

At the following link you can download the NZ COVID Tracer booklet <https://tinyurl.com/26anzzr7>

You will find out more about contact tracing at the following link <https://tinyurl.com/wm5thby3>

Keep protecting each other

Even though New Zealand is a highly vaccinated country, COVID-19 can still spread in the community.

To slow the spread of the virus, and continue to help protect you, your family, and your community, it is important to keep up healthy habits:

- Regularly wash and thoroughly dry your hands or use hand sanitiser.



- Sneeze and cough into your elbow.
- Keep your distance from people you do not know.
- Clean or disinfect shared surfaces often.
- If you have cold, flu or COVID-19 symptoms, stay home and get a test.
- Emergency services will operate under all traffic light settings. In an emergency, call 111.

End of Travel within New Zealand

