

Novel Coronavirus (COVID-19)

Tuatua no runga i te nekeneke'anga
o te tangata o tei papu e kua maki'ia aia.

Kua akakite'ia mai e, i aravei ana koe i tetai tangata kua tu'ia e te COVID-19.

I te mea e kua aravei ana koe i tetai tangata tei tu'ia e te manumanu, penei e, ka apikepike maki rāi koe.

Ka akape'ea koe:

1. E akatakake atu ia koe uā'orāi (no'ō ki te kainga) e 14 ra mei te tuātau openga i aravei ei koe, i te tangata tei tu'ia e te maki.
2. Me te no'ō ra te tangata tei tu'ia e te maki ki roto i to'ou ngutuare, e akatakake atu ia koe uā'orāi mei teia tangata i roto i to'ou uā'orāi ngutuare:
 - a. Kape'ia atu te tangata maki ma te akamamao atu e 2 mita mei iāia.
 - b. Tāmā meitaki ia te au ngā'i e miri putuputu ia ana, mei te mouranga ngutupa, e te au kaingakai i roto i te pi'a tunu kai.
 - c. Kia putuputu te orei'anga meitaki i to'ou rima ei paruru ia koe uā'orāi.
3. Patī'ia atu tetai kia tiki atu i te au mea anoano'ia (teia te akara'anga, kai e te vai-rakau) e koe ma te akapāpū e, kua rauka mai te au mea katotoa e anoano'ia ra. Akaruke'ia teia au mea ki ko i te ngutupa ma te kore e tomo atu ki roto. Auraka e aere e tiki i te au apinga anoano'ia e koe, kia pou roa te 14 ra i to'ou akatakake'anga, ma te akapenei me te meitaki ua ra koe.
4. Me tu'ia koe e te COVID-19 i te tuātau akatakake'anga, e no'ō akatakake ua atu rāi koe ki te kainga no tetai 48 ora *i muri ake* i te kore'anga te au akairo-maki E, mei te tai ngauru ra mei te akamata'anga to'ou au akairo-maki.

Ka akape'ea me kare koe e meitaki ana

I te ma'ata'anga o te au maki e akatupu ana te manumanu, ka marū ua, ki te tau ua, te au akairo-maki. Māri ra, ka tu'ia tetai pae e te nimonia ma te au maki kino no te akaea'anga.

Me kare koe e meitaki ana, tāniuniu'ia atu to'ou taote me kore ra te terepōni tutaki-kore a te Healthline: **0800 358 5453**

E anga'anga ana te Healthline 24/7 e, ka rauka mai te uri-reo. Akakite atu kia ratou e, kua kite koe i te turanga o tetai tangata tei tu'ia e te COVID-19. Te au akairo-maki:

- Pīva, otete me kore ra te patapata ōu
- Mare
- Ngatā te akaea'anga, potopoto te a'ō
- Karaponga mamae
- Kua ngaro te ongi'anga i te kakara
- Au akairo no te mimiti anu (ta'eta'e o te putāngi'u, maretī'a, tare)

Me kino pakari toou maki me kore ra, e āka anga'anga te akaea, tāniuniu viviki atu i te ambulance i runga i te numero 111 ma te akakite atu e, kua piri vaitata atu ana koe ki tetai tei tu'ia e te COVID-19.

Ea'a te āite'anga o te akatakake'anga iā koe uā'orāi?

Na roto i te akatakake'anga ia koe uā'orāi e tāpū ei koe i te toto'anga i te COVID-19 ki tetai atu.

Akatopa'ia te tuātau no'ō kapiti'anga kia ratou i roto i to'ou ngutuare, na roto i te kape'anga i te no'ono'ō'anga mata-ki-te-mata i raro ake i te rua mita no te tuātau tere atu i te 15 meneti.

Me ka inangaro koe i te komakoma atu ki tetai i va'o ake i to'ou ngutuare, ta'anga'anga'ia te terepōni me kore ra, tetai atu ravenga no te komakoma'anga atu. Akapapa'ia ki to'ou au 'oa, kopu tangata me kore ra te aronga kavekave apinga kia akaruke i te kai e tetai atu au apinga ki va'o i to'ou ngutupa. Auraka e aere atu i te akara tangata i roto i te aremaki, no te akara i te taote tei tatuātau'ia, me kore ra no te vā'i, māri ra me te anoano ra koe kia akono'ia i roto i te aremaki. Tāniuniu'ia te aremaki me ka tauī koe i to'ou tuātau kia akara'ia.

Akaruke atu i to'ou kainga no te reva ōu e te akamatūtū'anga (teia te akara'anga, ā'aere, aka'oro pātikara), kia vaitata ra teia ki te kainga, ko koe uā'orāi, ma te akamamao atu e rua mita mei tetai atu.

No'ō'anga kapiti ki tetai atu aronga

Timata i te akamamao atu ia koe mei te aronga e no'ō okotai ra kotou. Auraka e kai atu, kai mai i ta tetai, ma te inu atu inu mai i ta tetai. Ka rauka i tetai i roto i te ngutuare i te ma'ani i te kai, māri ra, auraka koe e ma'ani kai na tetai atu. Ta'anga'anga'ia to'ou uā'orāi uru-nio (va'o'ō'ia ki tetai ngā'i ke atu), te au mea no te kaikai e te inu (pērā te au kapu e te au karāti i

roto i te pī'a moe e te are pā'i), te au mea kapu kai, te au mereki/kumete, putē moe, āriki ro'i me kore ra, e tetai atu.

Orei meitaki ia teia au apinga ki te vai-rakau tāmā e te vai me oti, ma te pu'a atu i to'ou kaka'u e te au mereiki e te kapu tei akapae'ia mei ta ratou i roto i to'ou ngutuare.

Me e matini orei kapu ta'au, ta'anga'anga'ia ei tāmā ma te tamarō atu i ta'au mereki, kapu e te matipi, kokai e te tipunu. Me kare e rauka teia, orei'ia ki te pu'a orei kapu e te vai ma'ana, ma te tamarō atu kia marō meitaki, akama'ara i te rave mai i tetai ta'au ke.

Akapāpu no te tamarō iā koe ki to'ou uā'orāi tauera, auraka i to tetai atu i roto i te ngutuare me oti koe i te pā'i, e no te tāmā'anga i to'ou rima. Akama'ara'ia atu te aronga e no'o ana ki roto i to'ou ngutuare, kia tamarō ia ratou ki to ratou uā'orāi tauera. Pu'a putuputu'ia teia ki te pu'a kaka'u.

Ta'anga'anga'ia to'ou uā'orāi pēpa-orei-to'e, vai-rakau uru ni'o e tetai ua atu apinga no to'ou uā'orāi kopapa i to'ou tuātau akatakake'anga.

Te au ngā'i e no'ono'o kapiti ia ana i te kainga

Auraka e moe ki roto i tetai ke atu. Kape'ia te moe ki roto i te ngā'i e no'o putuputu'ia ana i te tuātau akatakake'anga.

Akatopa'ia mai i te tuātau no'o'anga ki roto i te au ngā'i e no'o putuputu'ia ana mei te are pā'i, pī'a tunu kai e te pī'a no'ono'o'anga, e kia akapapu'ia tetai reva matangi ki roto i teia au ngai. [Tāmā'ia te au ngā'i anga'anga pouroa](#), mei te au kaingakai ma'ani kai e te ngā'i orei'anga kapu ma te kape i te amiri akaōu atu me ma iakoe i te tāmā.

Me e tai rāi are meangiti e te are pā'i no te katoatoa, akapāpu kia tāmā koe i teia au pī'a me oti koe (teia te akara'anga, ta'au'ia te au ngā'i pouroa i amiri ana koe). Penei pa'a e, ka māmā ake ki te aronga e no'o ra ki roto i toou ngutuare me ko koe tangata openga i te pā'i i te popongi me kore ra i te a'ia'i.

Me e tai rāi pī'a tunu kai, kape'ia te ma'ani kai me tei reira tetai atu. Apaina ta'au kai ki roto i to'ou pī'a kai ei. Māmā ake pa'a me na tetai i roto i to'ou ngutuare e ma'ani i ta'au kai, kia rauka ia koe i te kape i te pī'a tunu kai.

Akapāpu kia tāmā putuputu koe i te papa patapata o te roro uira, te au kaingakai ma'ani āpī'i e tetai atu au papa i roto i te ngutuare, i mua ake ka ta'anga'anga atu ei tetai ke.

Kua mārāma matou e, e ngatā ki tetai aronga te akatakake'anga ia ratou mei tetai pae i roto i te ngutuare, ratou tikai e tamariki rikiriki ta ratou e to roto i te ngutuare tangata ma'ata.

Tautā pakari koe i te āru i teia arataki'anga, e kia orei putuputu te katoa'anga o te ngutuare i to ratou rima, kape i te miri i to ratou mata ma te tāmā i te au ngā'i e amiri putuputu ia ana.

Rave'ia te akono'anga mā ei paruru i tetai atu

Tapoki'ia to'ou va'a e te putāngiu ki te orei-pēpa me [mare me kore ra me maretia](#) koe, me

kore ra, mare/mareti'a ki roto i to'ou po'o rima. Tīria te orei-pēpa repo ki roto i te vairanga tita tei auvarō'ia ma te [orei viviki i to'ou rima](#) ki te pu'a e te vai no tetai 20 tekona, ma te akapāpu kia tāmārō meitaki ia. Orei'ia ki te vai-rakau orei rima, me kare e pu'a e te vai. I roto i te roa'anga o te ra, orei putuputu ia ma te orei meitaki i to'ou rima. Kape'ia te miri'anga atu i to'ou mata, putāngi'u e te va'a ki te rima kare i orei'ia. Me e tangata akono tetai ia koe, e tau kia orei ratou i te ūpe me kore ra te tare me mareti'a me kore ra me mare koe, ki te orei-pēpa. E tau i reira kia orei te tangata akono, i tona uā'orāi rima.

A'ao'anga tapoki-mata

A'ao'ia te tapoki-mata me e akairo-maki COVID-19 to'ou (te mare tikai) me kore ra te akono ra koe i tetai tangata kua tu'ia e te maki COVID-19. Me kare koe i te maki me kore ra te akono ra koe i tetai tangata maki, na roto i te rave'anga i te akono'anga mare meitaki, mareti'a meitaki e te rima mā, te ravenga puapinga rava atu no te paruru ia koe e tetai atu.

No'o'anga kapiti ki te tamariki

Me **kare** ta'au tamaiti i kite i te turanga o te tangata tei tu i te maki COVID-19, ka āru ua aia i te akaue'anga o Aotearoa, te turanga o te basileia i teia ati'anga [Turanga Akamatakite'anga](#). I teia ati'anga, te kite nei matou e, kare te tamariki tei tu'ia e te maki COVID-19 e akara'anga kino roa ana. Māri ra, me tu'ia tetai tamaiti e te akairo-maki, tāniuniu'ia atu te terepōni tutaki-kore a te Healthline i runga i te numero [0800 358 5453](#), me kore ra, tāniuniu'ia atu tona Taote. Kia no'o akatakake katoa aia no te 48 ora i muri ake i te ngaro'anga te akairo-maki.

Angai'anga ki te ū o te metua vaine i te tuātau akatakake'anga

Kare e kite ōu e karanga ana e, ka tu'ia tetai ua atu i te maki COVID-19 na roto i te ū o te metua vaine. Ka piri atu te manumanu ki te pēpe mei tetai ua atu tei no'o piri ana ki tetai tangata kua tu takere ia. Ma'ata atu te meitaki o te angai'anga ki te ū o te metua vaine i te manamanatā o te no'o'anga piri ki ta'au pēpe, māri ra tei ia koe te tika openga, e ka rauka ia koe i te uriuri atu i to'ou manako ki to'ou nēti akaānau, me kore ra ki to'ou Taote, na runga i te terepōni.

Me ka angai koe ki to'ou ū, takotinga'ia te manamanatā o te toto'a'anga i te COVID-19 ki te pēpe na roto i te:

- orei'anga i to'ou rima i mua ake ka amiri ei i te pēpe, te pāmu ū me kore ra te au mo'ina
- kape'anga i te mare'anga me kore ra, i te mareti'a'anga ki runga i te pēpe, ia koe e angai ra ki to'ou ū
- orei'anga i te pāmu ū, mei te akakite'anga a te aronga i ma'ani'ia ei, me oti

- tamanako'anga no te pati atu i tetai kare e maki ana, kia angai atu i te ū tei pāmu'ia, ki te pēpe

Me te angai ra koe ki te ū no roto i te tini, me kore ra ki te ū pāmu'ia, tunu'ia te au mo'ina kia ma meitaki i mua ake ka ta'anga'anga'ia atu ei. Auraka e oronga atu i ta'au au mo'ina, me kore ra i ta'au pāmu ū, ki tetai ke atu.

Tei runga tetai atu akakitekite'anga i te kupenga uira a te [Royal College of Obstetricians e te Gynaecologists](#).

No'o'anga kapiti ki tetai tangata pakari, me kore ra ki tetai tangata roko vave ia e te maki

Me te no'o kapiti ra koe e tetai tangata pakari, me kore ra tetai tangata roko vave ia e te maki (teia te akara'anga, tetai kare e pakari ana tona toto no te tamaki atu i te maki, me kore ra, e maki takere tona mei te maki puku'atu, toto-vene me kore ra toto-kake), e me **kare** taua tangata ra, i akakite'ia mai e, kua kite aia i te turanga o tetai kua tu'ia e te maki COVID-19, e tau kia rave aia i tei matau'ia (ma te āru atu i te [Turanga Akamatakite'anga](#)) o Aotearoa i teia atianga. Akatopa'ia mai to'ou piri'anga ki teia tangata, māri ra, kua mārāma matou e, ka ngatā rai. Me tu'ia tetai e te akairo-maki, tāniuniu'ia atu te terepōni tutaki-kore a te Healthline i runga i te numero 0800 358 5453, me kore ra, tāniuniu'ia atu tona Taote.

Pu'a'anga kaka'u

Ei takotinga i te toto'a'anga atu i te manumanu na roto i te mareva, auraka e rūrū i te kaka'u repo. Me te no'o kapiti ra koe ki tetai atu au tangata, pati'ia atu tetai kia atu'atu ma te akapapa atu i te kaka'u mā (mei te au tauera e te au ta'au kapu) ma te akapae i tetai tu'anga na'au. Atu'atu'ia ma te akapapa atu i to'ou uā'orāi kaka'u mā. Auraka e pati atu i tetai ke kia pu'a i to'ou kaka'u.

Me kare a'au matīni pu'a kaka'u, tiaki e 72 ora i muri ake i to'ou 14-ra o te tuātau akatakake'anga – e, me te meitaki ra koe, e kare koe i tu'ia e te maki COVID-19 - i mua ake ka apai atu ei koe i to'ou kaka'u repo ki te ngā'i puā'anga kaka'u o te oire.

Taritari'anga

I te mea e, kua tu'ia koe e te maki COVID-19 kare koe akatika'ia i te na runga i te mea tari tangata o te oire, taxis me kore ra, tetai atu ravenga tari tangata o te oire i to'ou tuātau akatakake'anga. No'o ki te kainga ma te takotinga i te teretere'anga, te āite'anga o te akatakake'anga. Noātu e kua pou to'ou tuātau akatakake'anga, kia āru atu rāi koe i te akaue'anga no te teretere'anga o Aotearoa i te [Turanga Akamatakite'anga](#) i teia ati'anga.

Akono'anga i to'ou ora'anga manako e te ora'anga meitaki

E mea puapinga te turanga o to'ou ngakau/vaerua e to'ou manako. Te meitaki ua ra te

turanga taitaiā e te maromaroā i te tuātau akatakake'anga, māri ra ka rauka ia koe i te akameitaki mai i te reira. Akara atu i te www.covid19.govt.nz no te au tuatua akakite e te arataki'anga, me kore ra tāniuniu atu me kore ra patapata atu i te numero 1737 no te komakoma atu ki te tauturu terēni'ia. E turanga tutaki-kore e te anga'anga nei 24/7.

Kimi'anga moni tauturu

Akara atu i te www.covid19.govt.nz no te tuatua no runga i te tauturu te ka rauka. No tetai atu uiui'anga maki-kore no te COVID-19, tāniuniu katoa atu i te Government Helpline (0800 779 997) mei te ora 8 i te popongi ki te ora 1 i te maiāta, no nga ra e itu.

TETA'I ATU TUATUA AKAKITE

Akara atu i te: www.covid19.govt.nz

www.health.govt.nz/covid-19

Tāniuniu atu i te:

- **Healthline: 0800 358 5453** no te au mea no runga i te rapakau'anga. E anga'anga ana teia terepōni 24/7 e, ka rauka mai te uri-reo.
- **0800 Government (0800 779 997)** no te au uiui'anga maki-kore COVID-19 katoatoa. E anga'anga ana teia terepōni mei te ora 8 i te popongi ki te ora 1 i te maiāta, no nga ra e itu.
- **111 i te tuātau manamanatā po'itirere;** teia te akara'anga, me kare to'ou akaea'anga e meitaki ana. Akakite atu ki te tangata akateretere terepōni e, kua kite koe i te turanga o te tangata kua tu'ia e te maki COVID-19.



Novel Coronavirus (COVID-19)

Information for close contacts of a confirmed case



You have been identified as having had close contact with someone with COVID-19.

As you have been near a person with the virus, there is a possibility you may also become unwell.

What you need to do:

1. You must **self-isolate** (stay at home) for 14 days from the date you last had contact with the infected person.
2. If the infected person is someone you live with, you must self-isolate from this person within your own home:
 - a. Avoid the person who is sick and stay at least 2 metres away from them.
 - b. Thoroughly clean shared and high-touch surfaces such as door handles, and kitchen benches.
 - c. Wash your hands thoroughly and often to protect yourself.
3. Ask someone else to pick up essential supplies (e.g. food and medicine) on your behalf to make sure you have everything you need. They must leave these at the door and not come inside. You cannot go out for essential supplies until you have completed your 14-day self-isolation period, and only then if you have remained well.
4. If you do develop COVID-19 while in self-isolation, you will have to continue self-isolating at home until 48 hours *after* you have stopped having symptoms AND at least ten days since your symptoms started.

What to do if you become unwell

In most cases the virus causes mild to moderate symptoms. However, some people do develop pneumonia and severe respiratory illness.

If you become unwell, call your local doctor or free phone Healthline: **0800 358 5453**

Healthline operates 24/7 and interpreters are available. Tell them you are a close contact of someone with COVID-19. The symptoms are:

- Fever, chills or sweats
- Cough
- Difficulty breathing, shortness of breath
- Sore throat
- Loss of smell
- Signs of a head cold (runny nose, sneezing, post-nasal drip)

If you become severely unwell or have difficulty breathing, immediately call an ambulance on 111 and tell them you are a close contact of someone confirmed as having COVID-19.

What does self-isolation mean?

Self-isolation helps to prevent you spreading COVID-19 to other people.

You should also minimise close contact with others living in your home by avoiding face-to-face contact closer than two metres for longer than 15 minutes.

If you want to speak to someone outside your household, use the phone or other means of contact. Arrange for friends, family or delivery drivers to drop off food and supplies outside your door. Do not go to hospital to visit people, for outpatient appointments, or for surgery unless you need urgent hospital care. Call the hospital if you need to reschedule any appointments.

You may leave your home for fresh air and to exercise (e.g. walk, bike), but you must do this close to home, by yourself, and keep at least two metres away from any other person.

Living with others

Try to separate yourself from the people you live with. You should not share food and drinks. Someone in your home can prepare your food, but you should not prepare food for others. Use your own toothbrush (stored separately), eating and drinking utensils (including cups and glasses in the bedroom and bathroom), serving utensils, dishes, pillows, bed linen or other items.

Wash all these items thoroughly after use with detergent and water, and wash your clothing and dishes separate to others in your home.

If you have one, use a dishwasher to clean and dry your crockery and cutlery. If this is not possible, wash them using washing up liquid and warm water and dry them thoroughly, remembering to use a separate tea towel.

Make sure you use separate towels from other people in your house, both for drying yourself after bathing or showering, and for hand-hygiene purposes. Remind the people you live with to use their own towels. These should be washed frequently using laundry detergent.

You should also use your own toilet paper, toothpaste and other personal supplies during your self-isolation period.

Use of shared spaces at home

Do not share a bed with others. You should avoid sleeping in a common area while self-isolating.

Minimise the time you spend in shared spaces such as bathrooms, kitchens and sitting rooms, and keep shared spaces well ventilated. [Clean all surfaces](#), like kitchen benches and sink-tops after you use them, and avoid touching them after you have cleaned them.

If you use a shared toilet and bathroom, make sure you clean the rooms every time after you use them (e.g. wiping surfaces you have been in contact with). You may wish to be the last to shower/bath in the morning or evening to make this easier on those you live with. If you share a kitchen, avoid using it while others are present. Take your meals back to your room to eat. It may be easier for someone else in your household to prepare your food, so you can avoid the kitchen area as much as possible.

Ensure you clean computer keyboards, desks and all other household surfaces regularly, especially before others use them.

We understand that it will be difficult for some people to separate themselves from others at home, particularly those with young children and large families. You should do your very best to follow this guidance and everyone in your household should regularly wash their hands, avoid touching their face and clean frequently touched surfaces.

Practise good hygiene to protect others

Cover your mouth and nose with a tissue when you [cough or sneeze](#), or cough/sneeze into your bent elbow. Throw used tissues into a lined rubbish bin, and immediately [wash your hands](#) with soap and water for at least 20 seconds, making sure you dry them thoroughly.

You can also use a hand sanitiser if soap and water are not available.

Through the day, wash your hands often and thoroughly. Avoid touching your eyes, nose, and mouth with unwashed hands. If you have a carer, they should use disposable tissues to wipe away any mucus or phlegm after you have sneezed or coughed. The carer should then wash their hands.

Wearing face masks

Only wear a mask if you are ill with COVID-19 symptoms (especially coughing) or looking after someone who may have COVID-19. If you are not sick or looking after someone who is ill, the most effective way to protect yourself and others is to practise good cough, sneeze and hand hygiene.

Living with children

If the child has **not** been identified as a close contact of the person diagnosed with COVID-19, they need only adhere to the requirements of New Zealand's current national [Alert Level](#). So far we have seen that children with COVID-19 appear to be less severely affected. However, if a child develops symptoms, free phone Healthline on [0800 358 5453](tel:08003585453), or call their GP. They will also need to self-isolate until 48 hours after they have become symptom-free.

Breastfeeding while self-isolating

There is currently no clinical evidence to suggest that COVID-19 can be transmitted through breast milk. The virus can be spread to the baby in the same way as to anyone in close contact with an infected person. The benefits of breastfeeding outweigh any potential risks of transmission by being in close contact with your baby, but this will be an individual decision and can be discussed with your midwife or GP by telephone.

If you wish to breastfeed, limit the potential spread of COVID-19 to the baby by:

- washing your hands before touching the baby, breast pump or bottles
- avoiding coughing or sneezing on the baby while breastfeeding
- cleaning breast pumps, as recommended by the manufacturer, after each use
- considering asking someone who is well to feed expressed breast milk to the baby

If you are feeding with formula or expressed milk, sterilise the equipment carefully before each use. You should not share bottles or a breast pump with someone else.

Find more information at the [Royal College of Obstetricians and Gynaecologists website](#).

Living with an older or vulnerable person

If you live with an elderly or vulnerable person (e.g. someone who has a weakened immune system or a pre-existing health condition such as cardiovascular disease, diabetes or hypertension), and if the person has **not** been identified as a close contact of the person diagnosed with COVID-19, they can continue their normal activities (while adhering to New Zealand's current [Alert Level](#)). You should reduce your close contact with the person, but we understand that may be difficult. If the person develops symptoms, free phone Healthline on 0800 358 5453, or call their GP.

Doing laundry

To limit the possibility of dispersing the virus through the air, do not shake dirty laundry. If living with other people, ask someone else to fold and put away common laundry items (such as towels and tea towels) and provide a supply for you. You should fold and put away your own laundry items. Do not ask others to do your laundry.

If you do not have a washing machine, wait until 72 hours after your 14-day self-isolation period – and only if you are well and haven't developed COVID-19 - before taking your laundry to a laundrette.

Transport

As a close contact of someone diagnosed with COVID-19 you cannot use public transport, taxis or similar transport methods during your self-isolation period. Self-isolation is about staying home and limiting travel. Even after your self-isolation period ends, you must adhere to the travel requirements of New Zealand's current national [Alert Level](#).

Taking care of your mental health and wellbeing

Your emotional and mental health is important. It is normal to feel stressed or lonely when self-isolating, but there are some things you can do to feel better. Visit www.covid19.govt.nz for information and advice, or call or text 1737 to speak with a trained counsellor. The service is free and operates 24/7.

Accessing financial support

Visit www.covid19.govt.nz for information on the support available. For all non-health-related COVID-19 questions, you can also call Government Helpline (0800 779 997) between 8am and 1am, seven days.

MORE INFORMATION:

Visit: www.covid19.govt.nz or www.health.govt.nz/covid-19

Call:

- **Healthline: 0800 358 5453** for health-related matters. This line operates 24/7 and has interpreters available.
- **0800 Government (0800 779 997)** for all non-health related COVID-19 questions. This line operates from 8am to 1am, seven days.

- **111 in an emergency;** for example, if you're having difficulty breathing. Tell the phone operator you're a close contact of someone confirmed as having COVID-19.