

How COVID-19 is spread

COVID-19 spreads from **person to person through small droplets, aerosols and through direct contact**. Surfaces and belongings can also be contaminated when people with COVID-19 cough, sneeze or touch them.

COVID-19 is most likely to spread when people are **close to each other** (especially indoors with poor ventilation) and spend a lot of time in the same room.

People who have COVID-19 can infect others

from about **2 days** before symptoms start and up to **10 days** after

They can be infectious, even with mild or no symptoms.

Stay at home to prevent spreading COVID-19, even if you feel well. Your healthcare team will tell you how long to isolate for and advise your household contacts.

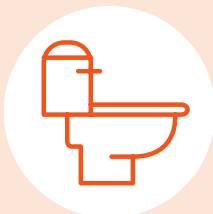
Reducing the spread of infection in your home



Stay in a separate room, with the door closed. Avoid using shared spaces at the same time.



Clean objects and surfaces you touch often (e.g. door handles, kettles and phones) with cleaning products.



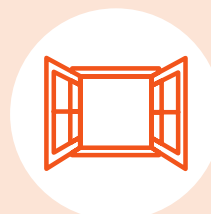
Use your own bathroom. If you share a bathroom, use it after everyone else. After each use, wipe and clean it thoroughly.



Wear a mask in shared spaces.



Wash your hands with soap and water often, for at least 20 seconds. Use hand sanitiser if soap and water aren't available.



Keep windows open in your room and shared spaces as much as possible.



Cough or sneeze into a tissue or your sleeve (not your hands). Dispose used tissues immediately and wash your hands afterwards.



Don't share towels, hand or tea towels.

Protecting our loved ones

It's important to avoid infecting anyone who's at higher risk from COVID-19 (e.g. people who are 70 or over, pregnant or have a weakened immune system).

If you live with someone at higher risk, let your healthcare team know as a matter of priority. They can arrange a place for them to stay while you're self-isolating.

If you have to stay at home together, try to stay

2 metres away from each other (that's about three steps!)



Don't allow visitors to enter your home, including friends and family. Contact people outside of your household via phone, email or social media.

Things you'll need

- A pulse oximeter
- Thermometer
- A COVID health diary
- Tissues & masks
- Alcohol gel & disinfectant wipes
- Cleaning products & gloves
- Paracetamol
- Food supplies & water to drink
- Rubbish bags

Monitoring your recovery

Track your symptoms and medical measurements 3 times a day. This record will help your healthcare team to make the best recovery decisions for you.

Use Health Navigator's health diary and guide to using a pulse oximeter to help you.



Supporting your recovery



Hydration

Drink plenty of water and be aware of dehydration symptoms such as dry lips, thirst or peeing less.



Rest

Avoid activities that cause you to feel exhausted, short of breath, or raise your heart rate.



Breathing

Try lying on your stomach and sides, changing position at least every 2 hours to support air movement through your lungs.

When to get help

If your symptoms are worsening, call for help immediately.

Have a clear plan of action and get help as soon as you need it. Signs that you need more help may include:



Worsening fatigue



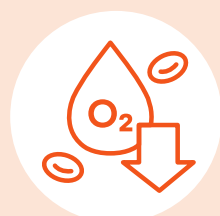
Difficulty breathing



A rising pulse rate



Signs of dehydration such as dizziness



Dropping oxygen saturation

Calling for help

General Health Advice: 0800 611 116
COVID Health Advice: 0800 358 5453
Isolation and Quarantine Advice: 0800 687 647

Call 111 for any medical emergencies including severe trouble breathing, severe chest pain, passing out, feeling faint or very confused.

What is Long COVID?

'Long COVID' describes **symptoms that continue or develop after acute COVID-19** (4 weeks from the initial infection). These symptoms can continue for weeks, months and sometimes years.

Most people with COVID-19 recover completely and return to normal health. There is no clear agreement on what causes long COVID.

Common symptoms post-COVID-19



Fatigue



Cough



Difficulty breathing



Joint or muscle pain



Chest pain



Anxiety & low mood



Change in sense of taste or smell

Less common symptoms



Trouble sleeping



Low-grade fever



Confusion



Muscle weakness



Headache



Memory problems



Stomach problems



Rash

Managing symptoms

- Set realistic goals with your doctor (GP)
- Track goals and symptoms
- Find support from friends, family, and support groups (e.g. Long COVID NZ)
- Find other resources such as Health Navigator
- Have a list of contacts if your symptoms worsen.

Call 111 or seek urgent medical care if you cough up blood or have severe chest pain, trouble breathing, increased confusion or trouble waking up.

Speak to your doctor about your symptoms, and for support and guidance. Call or text 1737 anytime of the day or night to contact a trained counsellor.

Fatigue

Don't push yourself, rest when you need, and do gentle exercise when you feel able.

Trouble with breathing

Stay hydrated and ask your doctor about breathing exercises and postures.

Mental health and wellbeing

Keep regular routines (e.g. sleep hygiene, self-care) and a healthy diet. Reach out for support and avoid substances (drugs, alcohol, smoking).