

What to do if you think you have COVID-19

16 March 2020 update



People who are sick with COVID-19 may:

- have a cough
- have a fever - this is when you get really hot and have a temperature of 38 degrees or more
- find it hard to breathe.



Some people with COVID-19 may not feel sick at all.

But they can still pass the virus to another person.



It is important you know what to do if you:

- **have been in close contact** with someone in the last 14 days who has been told they have **COVID-19**
- are waiting for your **COVID-19 test results.**

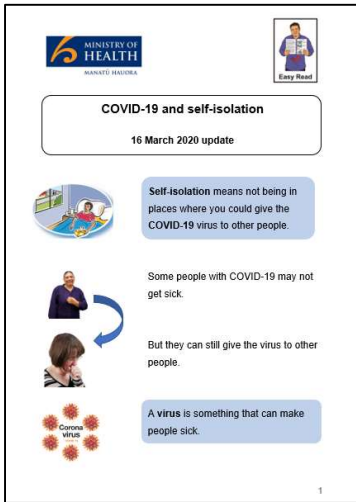
There are **2 things** you need to do if you think you have COVID-19:



1. You need to stay at home and **self-isolate.**

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Self-isolate means not being in places for 14 days where you could give the COVID-19 virus to other people.



There is an Easy Read factsheet called **COVID-19 and self-isolation.**

See page 5 for more information about this factsheet.



2. You need to call **Healthline** on:



0800 358 5453



It will not cost you any money to call Healthline.



Healthline is open all the time – day and night.



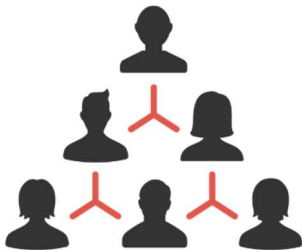
If you are **not sure** if you should self-isolate you can call **Healthline** on:

0800 358 5453



If you think you might have COVID-19 it is important that you do **not** go to:

- your Doctor
- the hospital.

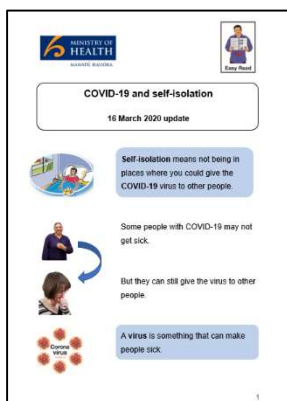
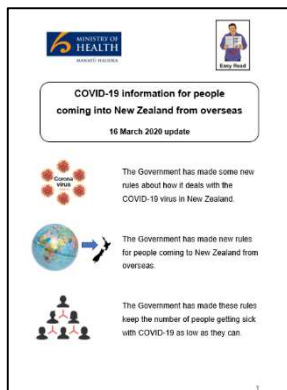
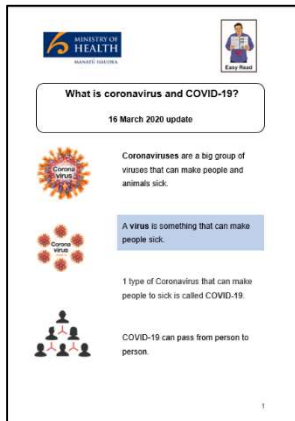


Going to see your Doctor or hospital could give the COVID-19 virus to other people.



Instead **call Healthline** as they will tell you what to do if you need to be tested for COVID-19.

Where to find more Easy Read information about COVID-19



There are some Easy Read factsheets:

- What is coronavirus and COVID-19?
- COVID-19 information for people coming into New Zealand from overseas
- COVID-19 and self-isolation.

You can find these Easy Read factsheets on the Ministry of Health website:



www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus



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