

# Self-isolation



Unite against COVID-19 and slow the spread of the virus in New Zealand

## Why should I self-isolate?

Self-isolation is the safest, most sensible thing you can do to protect those you live with, friends, whānau and all New Zealanders.

For any assistance or advice regarding self-isolation contact Healthline on **0800 358 5453**.

## Basic rules of self-isolation

Stay at home, and take simple, common-sense steps to avoid close contact with other people as much as possible, like you would with the flu.

Keep yourself out of any situation where you come into face-to-face contact with others closer than 1 metre away, for more than 15 minutes.

Take particular care around the elderly and other vulnerable people.

New Zealand Police are carrying out spot checks on those who are self-isolating, to check on people's welfare and needs.

Visa holders who do not comply with instructions from a Health Officer can be detained and deported.

If you know of anyone who should be in isolation but isn't, contact **[nhccselfisolation@health.govt.nz](mailto:nhccselfisolation@health.govt.nz)**.

## What does this mean for people living with me?

Everyone in your household should regularly wash their hands, avoid touching their face and clean frequently touched surfaces.

If you take all the correct steps to self-isolate, others you live with will not need to self-isolate.

### These include:

- don't share a bed or common sleeping area
- stay in a well-ventilated room and keep the window open as much as possible to keep clean air moving through your room
- minimise the time you spend in shared spaces such as bathrooms, kitchens and sitting rooms
- keep shared spaces clean
- Clean surfaces such as kitchen benches and sinktops with disinfectant after you use them
- keep your towels separate from the towels of other people in your house and use your own toothbrushes, washcloths and bed linen
- use a designated bathroom or if you use a shared toilet or bathroom, clean them after you have used them every time
- take your meals back to your room to eat
- don't share dishes, drinking glasses, cups or utensils with other people in your home
- do not share food and drinks. Someone in your home can prepare your food, but you should not prepare food for others
- wash your clothing and dishes separately to others in your home.

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## What can I do while self-isolating?

You can go outside, do gardening, hang out washing etc., but you need to limit your contact with others.

You can go for a walk, run or ride your bike, as long as you avoid other people.

## Getting food and supplies

Where possible, get a friend, family member or delivery service to leave supplies on your doorstep, to avoid contact.

## What about camping or campervans?

You cannot self-isolate in a tent at a camping ground because it means you are using shared facilities such as bathrooms and campgrounds.

You can self-isolate in a campervan if it has a fully self-contained shower and toilet, and a kitchen. That means a shower you can stand up in, and toilet you can flush. Stay away from shared spaces where you might come into contact with other people (like public toilets or campgrounds).

## If you become unwell while self-isolating

Contact Healthline for free on **0800 358 5453** if you begin to feel unwell.

The symptoms of COVID-19 are **cough, fever,** and **shortness of breath.**

If you need to call emergency services, please let them know you are in self-isolation first.

## Mental wellbeing

It is normal to feel stressed or anxious in these situations. For support with grief, anxiety, distress or mental wellbeing, call or text the free 'Need to talk?' service 24 hours a day, 7 days a week on **1737** and talk things through with a trained counsellor.

## More information and assistance

This website has everything you need to know about COVID-19. Visit **[Covid19.govt.nz](https://www.covid19.govt.nz)**

If you're not sure what assistance may be available, don't know who to contact for help or would like more information, call the Government Helpline on **0800 779 997**.

For updates and more information on keeping yourself safe, visit **[Covid19.govt.nz](https://www.covid19.govt.nz)**

New Zealand Government

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