

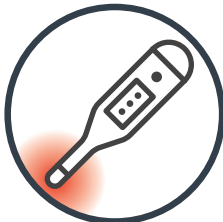
Looking after yourself when you have COVID-19

For many people COVID-19 will feel like a mild to heavy cold. While there is no specific treatment for COVID-19, there are things you can do to help with the symptoms.



Rest. Rest. Rest.

Give your body time to heal.
Don't try to do too much.



For fever, headaches and body aches

Use paracetamol or ibuprofen as directed.



For a blocked or runny nose, a cough

Steam can help reduce congestion and honey can help ease a cough. Over the counter medicines such as nasal sprays or cough mixtures can also help.



If you have a sore throat

Suck a teaspoon of honey or gargle with warm salted water. You can also try using a gargle, throat spray or lozenges that include pain relief.



For vomiting (being sick) or diarrhoea (runny poo)

Important: drink plenty of fluids to avoid dehydration. Water is recommended.

If your symptoms get worse call your GP, iwi health provider or Healthline on 0800 358 5453

If you or a family member becomes very unwell, has difficulty breathing or feels unsafe, immediately call 111

www.covid19wellingtonregion.health.nz

If you have very mild or no symptoms

- Drink plenty of fluids (water is recommended)
- Monitor your symptoms for any changes
- Avoid running, strenuous exercise and high impact activities

Call your GP, iwi health provider or Healthline on 0800 358 5453

- you start to have trouble breathing or breathing gets more difficult
- your symptoms are getting worse
- you start getting better and then get worse
- you have symptoms of severe dehydration such as:
 - having a very dry mouth
 - passing only a little urine (pee)
 - feeling very light-headed

Immediately call 111 and tell them you have COVID-19

- you have severe trouble breathing or severe chest pain
- you are very confused or not thinking clearly
- you feel faint (before you pass out and lose consciousness)

How to get welfare or manaaki support

If you are self-isolating and need:

- money to pay for urgent and essential costs, like food, medicine and some bills
- support from community groups, iwi and Pacific groups in your area, food or supplies delivered to you.

Call the COVID-19 welfare line 7 days a week on **0800 512 337**

You do not need to be getting a benefit. **Anyone can request help.**

Helpful numbers

COVID-19 Healthline: **0800 358 5453**

Press 2 for the Disability Call Centre.

Text **8988**

Wellington Region Disability

Vaccination Call Centre: **0800 829 935**

Text: **027 281 5017**

Book a vaccine: **0800 28 29 26**

Book a COVID-19 test: **0800 258 5453**

Work and Income: **0800 559 009**

Women's Refuge: **0800 733 843**

PlunketLine: **0800 933 922**

Age Concern New Zealand: **0800 652 105**

Youthline: **0800 376 633**

Outline: **0800 688 5463** (6pm - 9pm)

Mental Health Support: call or **text 1737**

Alcohol and Drug Helpline: **0800 787 797**

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