

What does self-isolation mean?

Self-isolation means avoiding situations where you could infect other people. This means any situation where you may come in close contact with others (face to face contact closer than 1 metre for more than 15 minutes), such as social gatherings, work, school, child care/pre-school centres, university, faith-based gatherings, aged care and healthcare facilities, prisons, sports gatherings, restaurants, and all public gatherings.

If you are a visitor to New Zealand, this means you should avoid sitting in a restaurant or participating in any type of tour group.

If you are unsure if you should be self-isolating, or if you do not know where you can go, please contact Healthline for free on [0800 358 5453](tel:08003585453).

Living with others

As much as possible, you should limit your contact with people other than the family members/companions that you travelled with. You should also avoid having visitors to your home, but it is okay for friends, family or delivery drivers to drop off food.

If you are in a home where the other members have not travelled (eg your home / flat, a homestay, student accommodation), minimise close contact with the other members by avoiding situations where you may have face to face contact closer than 1 metre for more than 15 minutes.

You should not share dishes, drinking glasses, cups, eating utensils, towels, pillows, or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water, place them in the dishwasher for cleaning, or wash them in your washing machine.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze, or you can cough or sneeze into your sleeve. Throw used tissues in a lined trash can, and immediately wash your hands with soap and water for at least 20 seconds making sure you dry them thoroughly or use a hand sanitiser.

Wash your hands

Wash your hands often and thoroughly with soap and water for at least 20 seconds. You can use a hand sanitiser if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Transport

You may need to travel across New Zealand to your accommodation, for example, by plane, train or bus. Where possible sit in a window seat, in a row by yourself. If you are unwell you should seek advice from Healthline before you travel.

During your travel make sure you use hand sanitiser regularly and if you need to cough or sneeze then cover your mouth or nose.

You should minimise your use of public transport, taxis, or ride sharing apps like Uber. Avoid crowded public transport, especially during rush hour.

Getting food and medicine

Where possible, contact a friend, family member, or delivery services to carry out errands like supermarket shopping on your behalf.

Taking care of your wellbeing

Your emotional and mental health is important. It is normal to feel stressed or lonely if you are self-isolating, but there are some things you can do to feel better.

Reach out to your usual supports, like family and friends, and talk about how you feel. We also recommend sticking to a routine such as having regular mealtimes, bedtimes and exercising.

If you feel you are not coping, it is important to talk with a health professional. For support with grief, anxiety, distress, or mental wellbeing, you can call or text [1737](tel:1737) – free, anytime, 24 hours a day, 7 days a week – to talk with a trained counsellor.

If you become unwell, contact Healthline

Contact Healthline for free on [0800 358 5453](tel:08003585453), or your GP if you begin to feel unwell. The symptoms of coronavirus are cough, fever, and shortness of breath