

CoVID 19 Infection Guide

If you or someone in your household becomes a positive CoVID 19 case, don't be worried. First, go to <https://mycovidrecord.health.nz> or phone: 0800 222 478 and choose Option 3.

You're OK!

You may experience very mild or no symptoms.

- It is important to stay hydrated – drink plenty of fluids.
- Keep monitoring your symptoms so you notice any changes.
- It is important to avoid running, strenuous exercise and high impact activities until you are totally well.

Make Contact

Call your GP or Healthline 0800 358 5453 if:

- you have new or more trouble breathing
- 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.

Urgent! Phone Now

Call 111 if you:

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

When to isolate at home & when to get tested

What type of contact are you?

