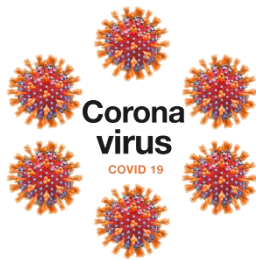


# What to do if you think you have COVID-19

## Qué hacer si piensas que tienes COVID-19

16 March 2020 update

Actualizado: 16 Marzo 2020



People who are sick with COVID-19 may:

Las personas infectadas con COVID-19, pueden:

- have a cough
- Tener tos
- have a fever - this is when you get really hot and have a temperature of 38 degrees or more
- Tener fiebre – es cuando se siente caliente al tacto, y la temperatura es más de 38 grados



- find it hard to breathe.
- Dificultad para respirar



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

Algunas personas con COVID-19 no desarrollan la enfermedad.

But they can still pass the virus to another person.

Pero igualmente pueden contagiar a otros.



It is important you know what to do if you:

Es importante que sepa que hacer si:

- **have been in close contact** with someone in the last 14 days who has been told they have **COVID-19**
- **Ha estado en contacto cercano** con alguien que ha sido notificado que tiene **COVID-19** en los últimos 14 días.
- are waiting for your **COVID-19 test results.**



- Está esperando el **resultado del examen de COVID-19**

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

Si sospecha tener COVID-19, debe de seguir los **2 siguientes pasos**:

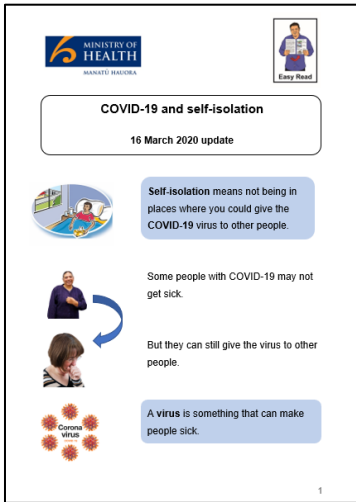


1. You need to stay at home and **self-isolate**.
1. Necesita quedarse en casa, **en distanciamiento social**.

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.

**Distanciamiento social** significa no asistir a lugares a los que puedas infectar a otros, por al menos 14 días.



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

Hay una infografía sobre **COVID-19 y distanciamiento social**

See page 5 for more information about this factsheet.

Vea la página 5 para más información sobre esta infografía



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

**0800 358 5453**

2. Llame al **Healthline**:

**0800 358 5453**



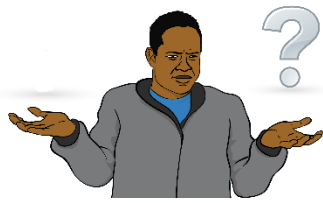
It will not cost you any money to call Healthline.

El servicio de Healthline no le costará nada.



Healthline is open all the time – day and night.

El Healthline está disponible todo el tiempo – día y noche.



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

**0800 358 5453**

Si tiene duda sobre si debe estar en distanciamiento social llame al

**Healthline:**

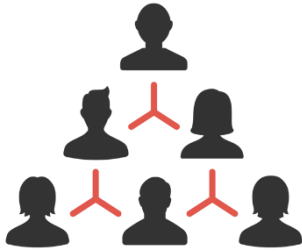
**0800 358 5453**



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

Si piensa que podría tener COVID-19, es importante que no vaya a:

- your Doctor
- Su Doctor
  
- the hospital.
- Al hospital.



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

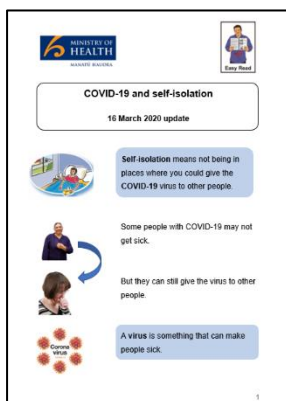
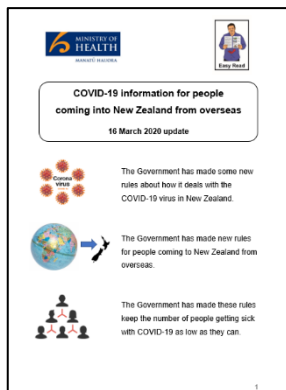
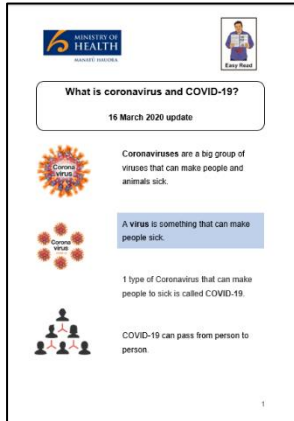
Ir al Doctor o al hospital podría transmitir el virus de COVID-19 a otras personas.



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

En vez de ir a esos lugares, llame al **Healthline** y ellos le dirán que hacer si necesita examen clínico de 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](http://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus)



This information has been translated into Easy Read by the Make It Easy service of People First New Zealand Inc. Ngā Tāngata Tuatahi.



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- Sam Corliss



- Steve Bolton