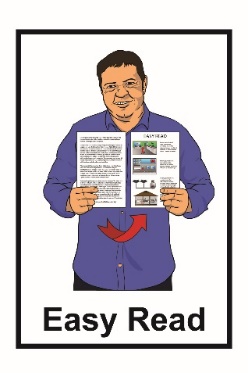
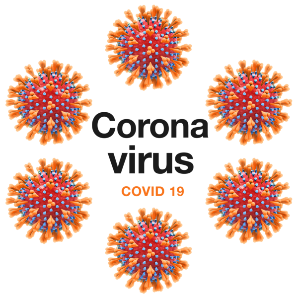
****

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

**16 March 2020 update**



People who are sick with COVID-19 may:

* have a cough



* have a fever - this is when you

get really hot and have a temperature of 38 degrees or more

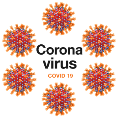
* find it hard to breathe.



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



But they can still pass the virus to another person.

It is important you know what to do if you:

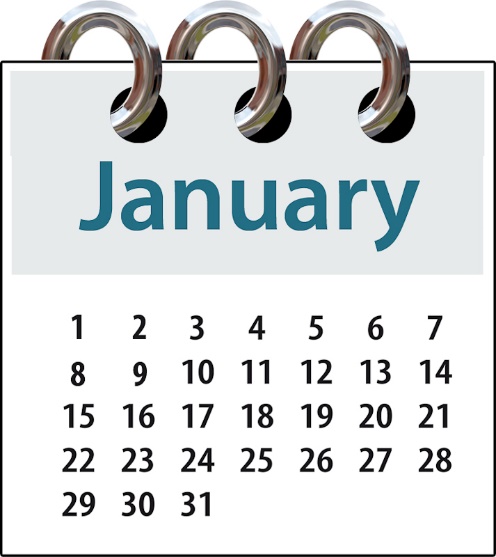
* **have been in close contact** with someone in the last 14 days who has been told they have **COVID-19**
* are waiting foryour **COVID-19 test results.**

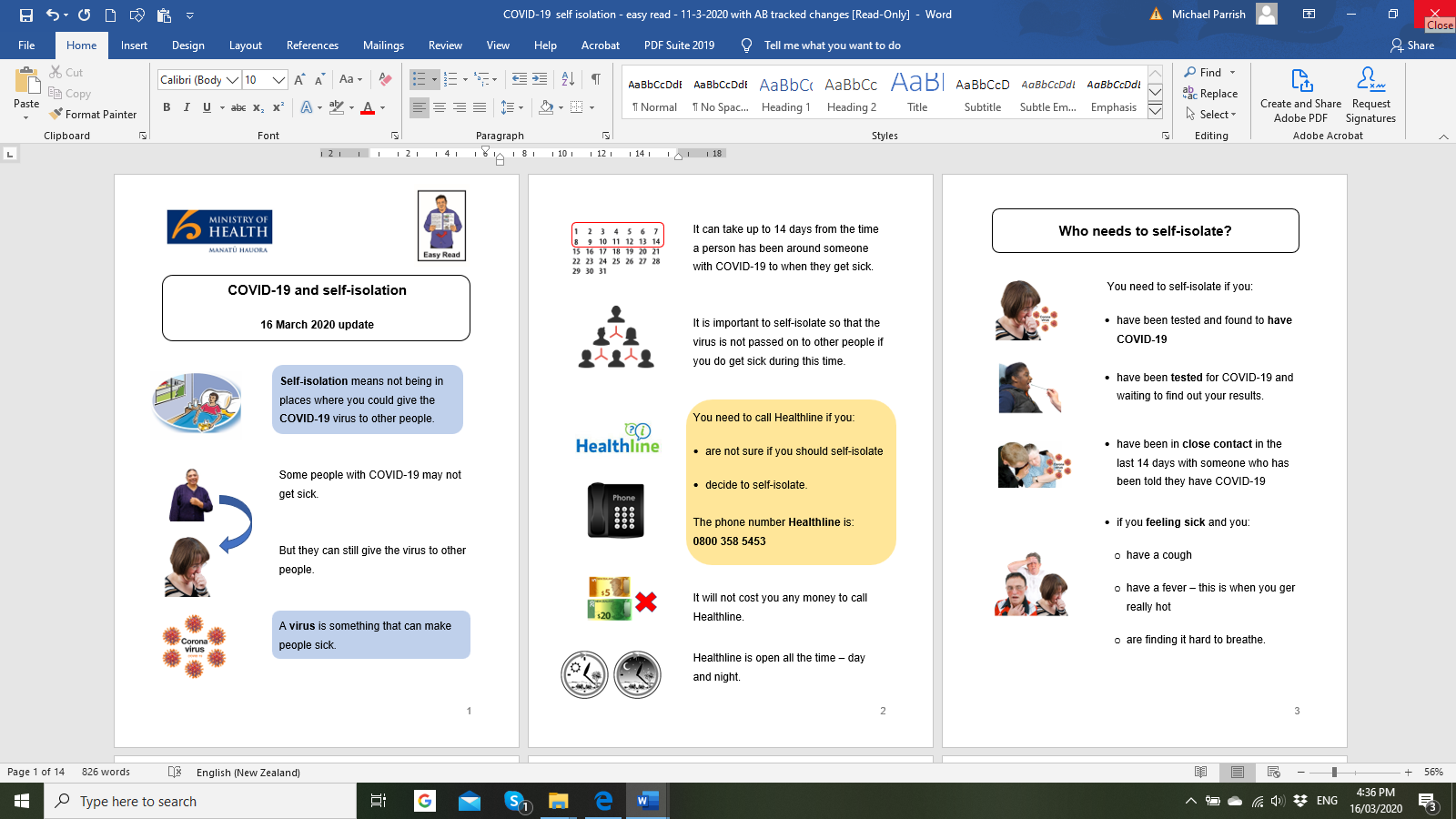
There are **2 things** you need to do if you think you have COVID-19:



1. You need to stay at home and **self-isolate**.

**Self-isolate** means not being in places for 14 days where you could give the COVID-19 virus to other people.



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

See page 5 for more information about this factsheet.

1. [](https://www.google.com/url?sa=i&url=https://www.kidshealth.org.nz/healthline-0800-611-116&psig=AOvVaw2DdUkkTQRONzLWtOVyX2Tk&ust=1582225091727000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCMjz6fel3ucCFQAAAAAdAAAAABAD)You need to call **Healthline** on:



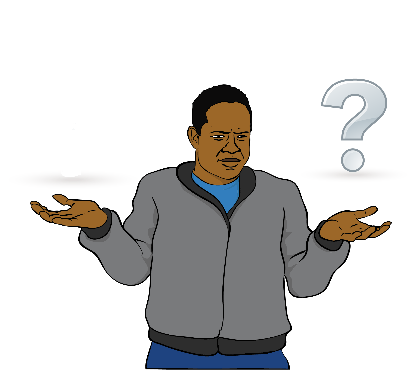
**0800 358 5453**



It will not cost you any money to call Healthline.



Healthline is open all the time – day and night.

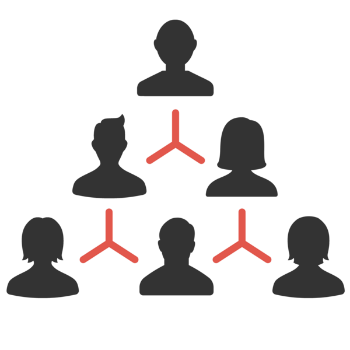
****If you are **not sure** if you should self-isolate you can call **Healthline** on:

[](https://www.google.com/url?sa=i&url=https://www.kidshealth.org.nz/healthline-0800-611-116&psig=AOvVaw2DdUkkTQRONzLWtOVyX2Tk&ust=1582225091727000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCMjz6fel3ucCFQAAAAAdAAAAABAD)**0800 358 5453**

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

* your Doctor

* the hospital.



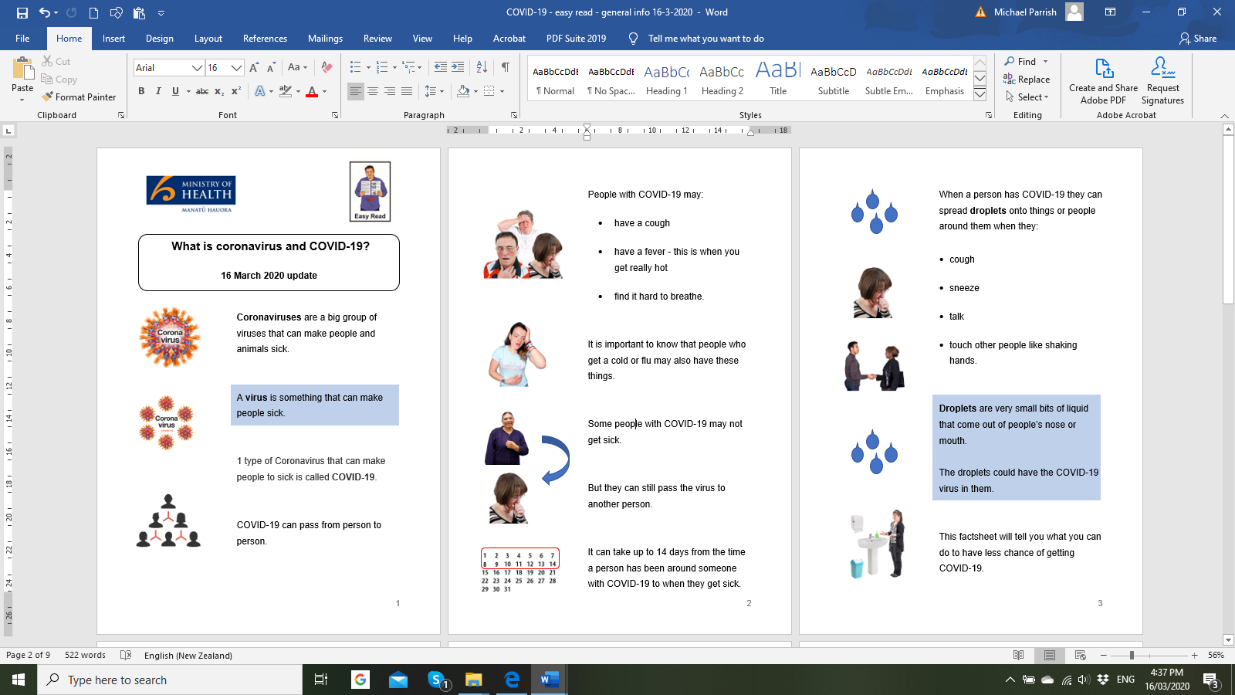
Going to see your Doctor or hospital could give the COVID-19 virus to other people.



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

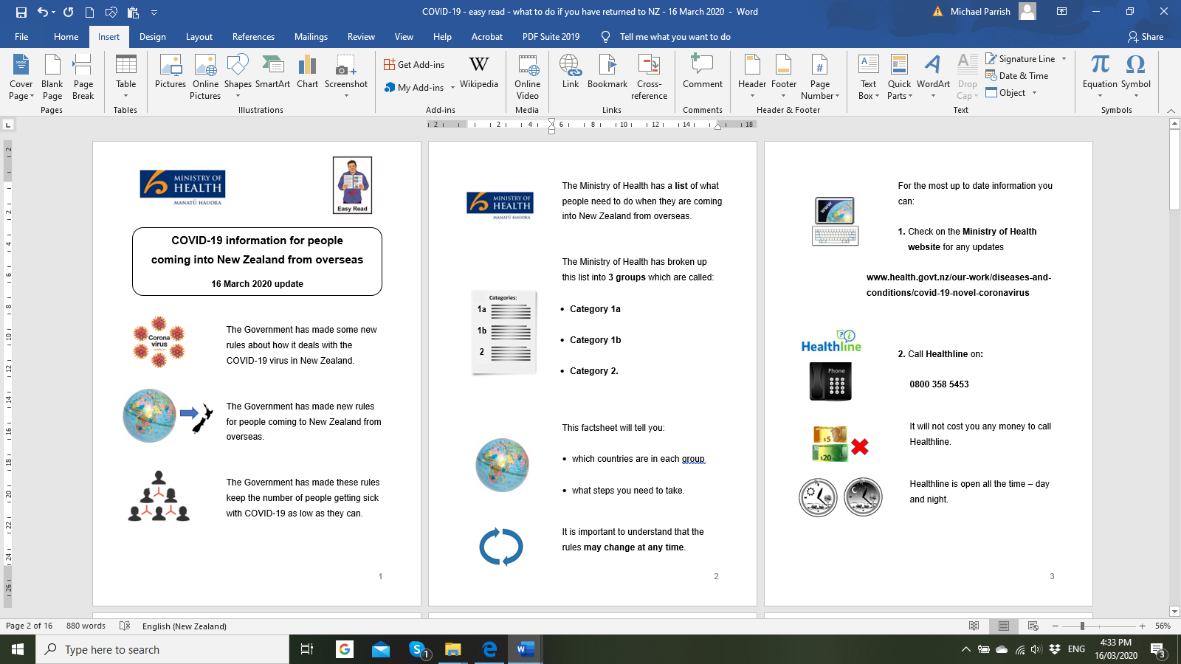
**Where to find more Easy Read**

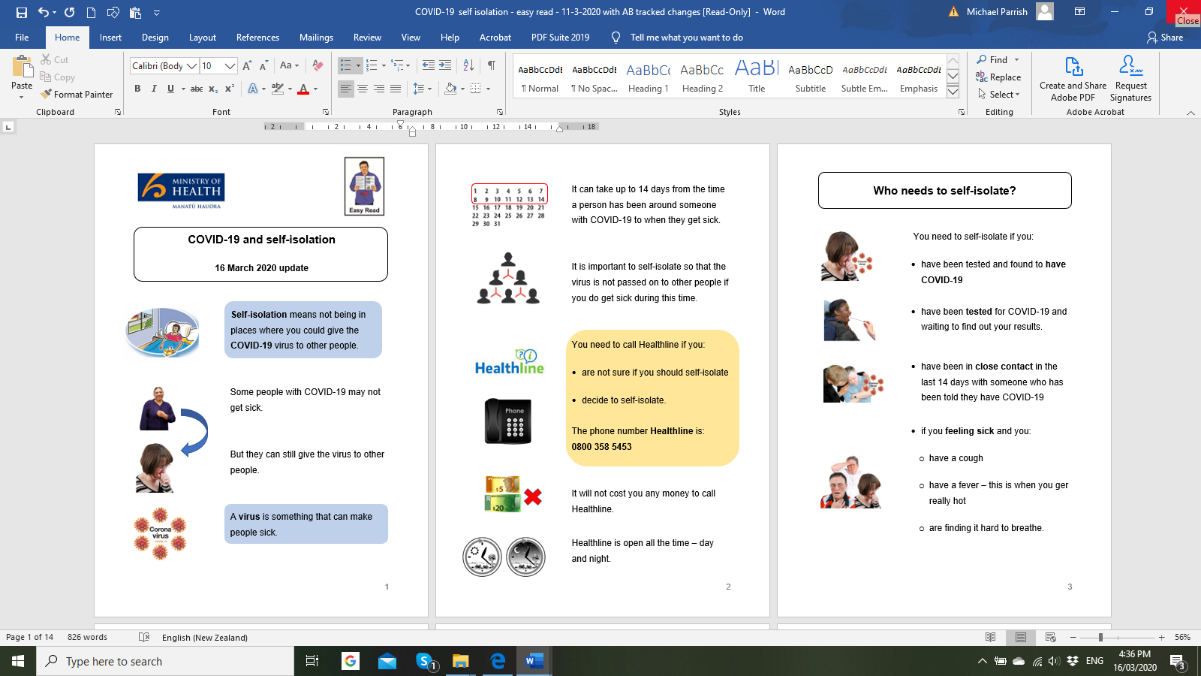
**information about COVID-19**



There are some Easy Read factsheets:

* What is coronavirus and COVID-19?

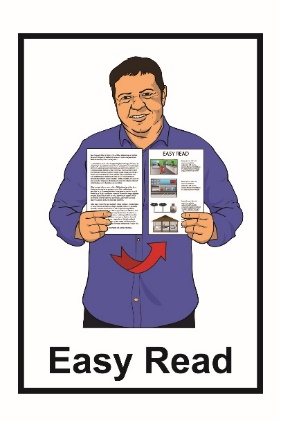


* COVID-19 information for people coming into New Zealand from overseas
* COVID-19 and self-isolation.

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**

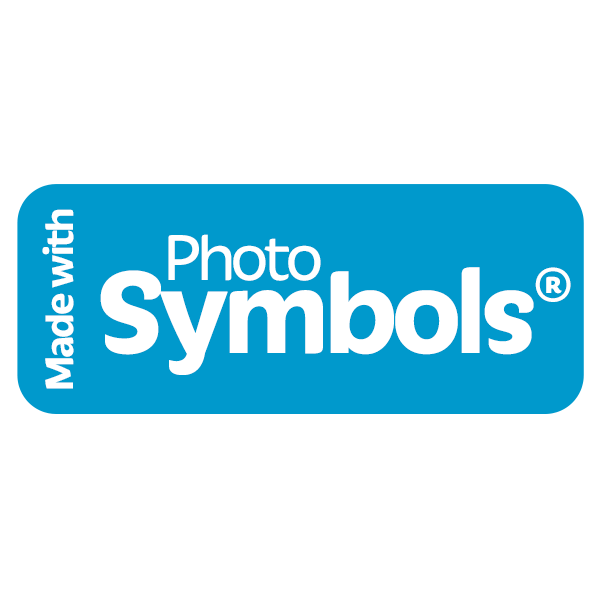
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**The ideas in this document are not the ideas of People First New Zealand Ngā Tāngata Tuatahi.**

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