

What is self-isolation?

Self-isolation means avoiding situations where you could infect other people.

The following simple steps to avoid close contact with other people as much as possible (as you would with the seasonal flu virus) will help protect you, your family and all of New Zealand against Covid-19 and other common infectious diseases.



1. Separate yourself from other people where possible

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



2. 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 rubbish bin and immediately perform hand hygiene: either wash your hands with soap and water for at least 20 seconds, making sure you dry them thoroughly, or use a hand sanitiser.



3. 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 there is no soap and water. Avoid touching your eyes, nose and mouth with unwashed hands.



4. Don't share household items

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 well with soap and water, place them in the dishwasher for cleaning or wash them in your washing machine.



5. Try to avoid using public transport

Try not to use public transport, taxis or ride-sharing apps like Uber. If you need to use public transport, where possible sit in a window seat, in a row by yourself. Avoid crowded public transport, especially during rushhour. During your travel make sure you use hand sanitiser regularly and if you need to cough or sneeze then cover your mouth or nose.



6. Have food and medicine delivered where possible

Where possible, contact a friend, family member or delivery services to carry out errands like supermarket shopping for you.



7. Take care of your emotional wellbeing

Reach out to your usual supports, like family and friends, to help you stay connected while self-isolating. Try to stick to a routine such as having regular mealtimes, bedtimes and exercising. If you feel you are not coping, call or text 1737 (free, anytime) to talk with a trained counsellor.

If you become unwell call Healthline

If you become unwell, are unsure whether you should be self-isolating or if you do not know where you are allowed to go, please contact Healthline for free on 0800 358 5453, or call your GP.