

Healthcare – what do you do during ALERT LEVEL 3? (as at 13 August, 2020)

1. Feeling well?

- **Stay** in your household bubble – you can leave your bubble if you are an essential worker, buying the groceries or exercising.
- **Follow** the Alert level 3 directions in place for the Auckland region, <https://covid19.govt.nz/covid-19/restrictions/auckland/>

2. Feeling unwell? Do you need testing or care?

COVID-19 symptoms are similar to many other illnesses (like influenza) and do not necessarily mean you have COVID-19. The symptoms can include:

- ✓ Cough
- ✓ Sore throat
- ✓ Runny nose
- ✓ Fever
- ✓ Loss of smell
- ✓ Shortness of breath. (This could be a sign of pneumonia and you should seek immediate medical attention).

If you have any of these symptoms?

- ✓ **Call** your local Family Doctor (GP)/ Urgent Care Clinic, OR
- ✓ **Call** Healthline, **0800 358 5453** for health advice (choose **Option#1** for language support, stay on the line, then say the language you want e.g 'Korean', OR
- ✓ **Go** to a COVID-19 Community Testing Centre (CTC):
 - Auckland DHB**, <http://www.adhb.health.nz/your-health/covid-19/#CTCs>
 - Counties Manukau Health**, <https://countiesmanukau.health.nz/covid-19/>
 - Waitematā DHB**, <https://www.waitematadhb.govt.nz/patients-visitors/covid-19-information/>

If you need to access other care, **call** your health service first:

- ✓ **GPs/Urgent Care Clinics** are open
 - Call them first if you are sick or have any health concerns
- ✓ **Planned care** in hospital
 - Strong measures are in place to keep you safe in our hospitals. Hospitals will continue with planned care for surgery or clinic appointments unless you are told otherwise by the service
- ✓ **Hospital visitor policy**
 - Check your local DHB's website or Facebook page for information on their hospital visitor policy:
Auckland DHB, <http://www.adhb.health.nz/your-health/covid-19/#CTCs>

Counties Manukau Health,

<https://countiesmanukau.health.nz/covid-19/>

Waitematā DHB,

<https://www.waitematadhb.govt.nz/patients-visitors/covid-19-information/>

3. Is it an Emergency?

- **Call 111**, OR
- **Go** to your nearest hospital Emergency Department (ED). ED is open.

Be vigilant – protect yourself and others

- **Wear** a face mask or covering if you need to leave your house,
<https://covid19.govt.nz/health-and-wellbeing/face-coverings/>
- Maintain **2m** physical distance if not wearing a face mask or covering
- Continue to wash your hands for **20** seconds, and sneeze and cough into your **elbow**
- **Disinfect** commonly used surfaces at home and at work
- **Stay** home if you're sick
- Keep a **record** of your daily movements- this will help with contact tracing,
<https://tracing.covid19.govt.nz/>
- **Be kind**

For translated information, go to:

www.arphs.health.nz/covid-19-information-for-our-communities/

www.covid19.govt.nz