

Kia ora!

With Omicron in the community, here's information to help you prepare



Make a plan

If you or someone you live with gets COVID-19, you'll all need to isolate at home while you recover. This means you won't be able to go out or have whānau visit.

Now is the time to have a kōrero with your whānau about what you'll do if you get COVID-19. Use this [household plan](#) to help you.



Make sure you have what you need

If you can, buy some extra food and put together anything else you might need or want if you have to stay at home. Think about:

- Medical supplies – pain relief, lozenges, cough medicine, ice pack, a thermometer, prescription medicine.
- Cleaning supplies – disinfectant, rubbish bags.
- Hygiene supplies – hand sanitiser, toilet paper, tampons or pads, nappies.
- Things you enjoy doing – books, crosswords, games, devices, movies.



For more information on how to prepare, visit [Unite against Covid19](#).



What to do if you feel unwell

Get a free test as soon as possible if you feel unwell or you're a close contact of someone with COVID-19. You'll need to isolate at home until you get your test result. Call 0800 358 5453 for more information. For testing locations, visit www.healthpoint.co.nz.



What to do if you get COVID-19 and need help

If you need medical or other support, please call the COVID-19 Healthline on 0800 358 5453 or your health contact. If you have a medical condition or you're disabled, please let them know.



If at any time you or your whānau feel very unwell, have trouble breathing or are concerned for your safety, call 111.



If you're seriously unwell, you will be taken to hospital. There is no charge for this.

For more information on what to expect, visit [Whānau HQ](#) or www.healthnavigator.org.nz

Vaccination is your best protection against Omicron and it's free

If you had your second dose of the Pfizer vaccine more than 3 months ago and you're over 18, it's time to get your booster.

If you have tamariki aged 5 to 11-years-old, you can help keep them safe and protect your whānau by getting them immunised.



Just turn up at a drive-through vaccination centre

South Auckland

- Papakura Marae – [see location](#)
- Takanini – [see location](#)
- Auckland Airport Park and Ride, Māngere – [see location](#)
- Otara - [see location](#)

West Auckland

- Westgate – [See location](#)

Central Auckland

- Mt Wellington - [see location](#)

North Auckland

- North Shore, Wairua Valley – [see location](#)
- Orewa - [see location](#)



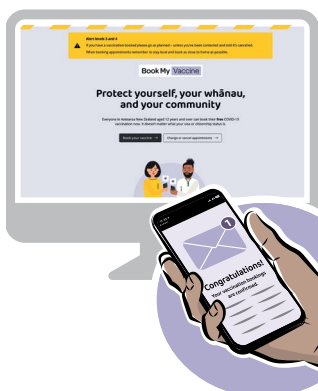
Or visit one of our walk-in vaccination centres, or a GP clinic or pharmacy that offers this service - [see here for locations and accessibility information](#).



Here's accessibility information for our walk-in vaccination centres:

Vaccination Centre	Sensory support (on request)	Accessible parking	Accessible toilets
Albany	Low lighting and noise	Yes	Yes
Manurewa Marae			
Pukekohe			
Takanini			
Tāmaki (Glen Innes)		Yes	Yes
Pacific Ōtara	Low Noise	Yes	Yes
The Cloud, Central Auckland	No	Yes	Yes
Henderson	No	Yes	Yes

Vaccinations in the home are available for those who need it – email nrhccvaxenquiries@adhb.govt.nz.



If you would prefer to book, go to bookmyvaccine.nz or call 0800 28 29 26.

If you're disabled, press 2 or send a free text to 8988 or email: accessiblecovidvaccinations@whakarongorau.nz.

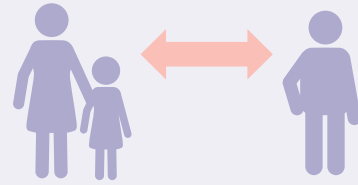
You can check accessibility and if needed, request extra support or a sign language interpreter.

Healthy habits

It's important to keep up healthy habits to slow the spread of the virus.



Stay home if you're sick.



Keep a safe distance from people you don't know



Wear a mask



If inside – open windows



Wash your hands or use hand sanitiser



Clean or disinfect surfaces regularly



Cough or sneeze into your elbow



Scan everywhere you go