

Preparing for self-isolation

A UHCS guide to prepare and protect you, your whānau and your bubble for self isolation at home.



UNIVERSITY OF
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NEW ZEALAND



Plan and prepare

- › It's only a matter of time before a positive case of Covid-19 is in your community. The health care system will always be there for those who need help but most people who contract COVID-19 will not require hospitalisation and will be able to isolate safely at home.
- › Everyone who tests positive for Covid-19 and their household needs to stay at home and avoid contact with others, including whānau.
- › If someone in your household gets Covid-19, your whole household will need to isolate until symptom free for 24 hours or advised by a health care professional.



Getting Covid-19 in your bubble

- › Stay at home. Do not have visitors and do not go to work, university or other public places.
- › Limit contact with those that you live with, wear face masks and try to stay two metres apart.
- › Clean and disinfect frequently touched objects and surfaces. Avoid sharing personal items.
- › Open your windows and increase air flow in your home.
- › Clean your bedding and towels regularly.
- › Nominate a person outside of your bubble who can collect any regular medications or groceries and that you can rely on to do contactless delivery.
- › Make sure that you are prepared for online learning. Check technology and ensure you have a suitable workspace where you can concentrate.



Health and wellbeing

- › Get plenty of sleep and rest to help your body recover.
- › Stay hydrated by drinking plenty of fluids.
- › Stay connected - arrange regular virtual catch-ups.
- › Try to stick to routines where possible.
- › Put a limit on any time online and get some fresh air.
- › Acknowledge your feelings; becoming anxious or stressed is a normal response when times get challenging.
- › If you start to feel overwhelmed, speak with a trained counsellor any time, day or night - free call or text on 1737.



Checklist

- 1x 12pkt of paracetamol
- 1x 12pkt of ibuprofen
- Electrolytes
- Thermometer
- Non-perishable foods
- Frozen heat and eat meals
- Toilet paper (don't hoard but have an extra packet at all times)
- Masks
- Gloves
- Tissues
- Hand sanitiser
- Rubbish bags
- General cleaning products
- Entertainment and activities eg books, board games and movies
- Have some at home workouts ready, this might be HIIT training or yoga.
- Personal devices ready for online learning

You can also contact the Health Improvement Practitioner or Health Coach at UHCS for a free health and wellbeing check in:

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