**What is self-isolation?**

Self-isolation means *staying at home.* It is a good way to prevent the spread of illness. As much as possible, you should limit your contact with people except the ones you live with. Avoid having visitors to your home, but it is okay for friends, family or delivery drivers to drop off food and supplies.

**Contact details of important people.** These could be family members and close friends.

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| --- | --- | --- |
| **Name** | **Number** | **Address** |
| Doctor: |  |  |
| Pharmacy: |  |  |
| Support Person: |  |  |
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**Shopping List –** If someone else has to go to the shops for you, what would you need? Create three lists:

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| **BASICS – bread, rice, milk, eggs etc.** | **EXTRAS – chocolate, juice, crackers, cheese etc.** | **SICK – paracetamol, soup, tissues etc.** |
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**Who are your neighbours?** If we need to self-isolate, our neighbours will be important people as they might be the ones we need to help, or that need to help us. Go next door and introduce yourself to your neighbours and share your contact details with each other – you could take this plan with you.

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| --- | --- | --- |
| **Name** | **Number** | **Address** |
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**Do you have any older people in your family (65 +)?** Who are they and where do they live? You might need to ask someone to check on them.

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| --- | --- | --- | --- |
| **Name** | **Number** | **Address** | **Age** |
|  |  |  |  |
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**Self-isolation can be stressful, lonely, and boring.** What are some things that you can do to pass the time? Phone calls to friends? Games? Reading? If you have children, what things can you do with them to entertain them at home? TV? Baking? Art? School work?

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If you feel you are not coping, it is important to talk with a health professional. For support with grief, anxiety, distress or mental wellbeing, you can **call or text**[**1737**](tel:1737) – free, anytime, 24 hours a day, 7 days a week – to talk with a trained counsellor. Or look at the KiwiClass website: kiwiclass.org.nz/about/support.