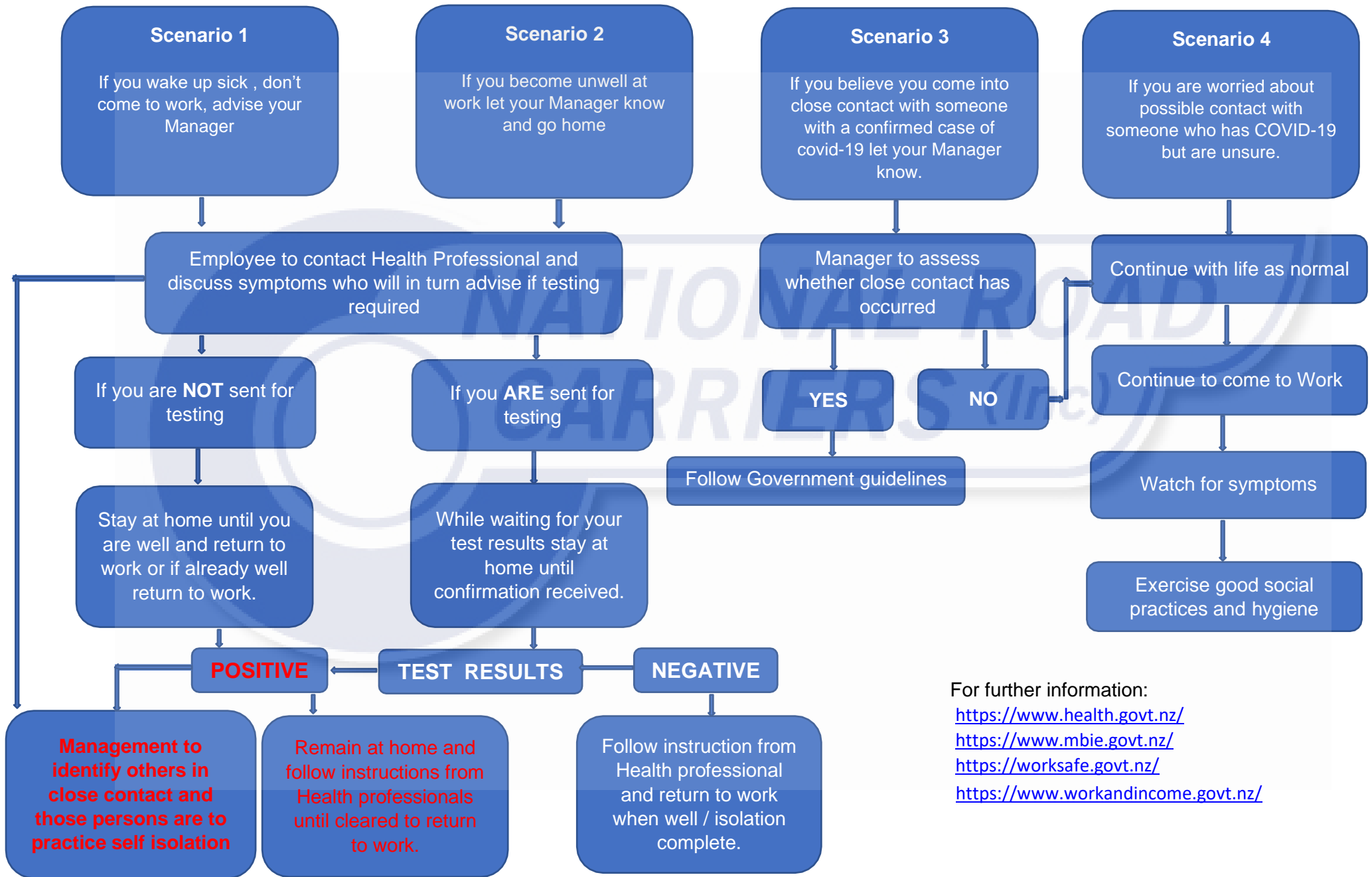


NATIONAL ROAD CARRIERS ASSN - MANAGING COVID-19



Note: This is a guideline only if you have any serious concerns call Healthline immediately 0800 611 116



For further information:
<https://www.health.govt.nz/>
<https://www.mbie.govt.nz/>
<https://worksafe.govt.nz/>
<https://www.workandincome.govt.nz/>

About self-isolation

Self-isolation is an effective precautionary measure to protect those around you – your family, friends, colleagues – from contracting COVID-19. It means taking simple, common-sense steps to avoid close contact with other people as much as possible, like you would with the seasonal flu virus. We know it's a stressful time, but taking these measures will help protect you, your family and all of New Zealand from COVID-19 and other common infectious diseases.

As much as possible, you should limit your contact with people other than the family members/companions 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 and supplies.

If you are in a home where the others who live with you haven't travelled or been in close contact with a confirmed case of COVID-19, you should minimise close contact with them by avoiding situations where you have face-to-face contact closer than 2 metres for more than 15 minutes. The other household residents do not need to self-isolate provided these precautions are followed.

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

If you become unwell while self-isolating

Contact Healthline for free on [0800 358 5453](tel:08003585453) if you begin to feel unwell. The symptoms of COVID-19 are cough, fever, and shortness of breath.

If you need to call emergency services, please let them know you are in self-isolation.

For all non-health related questions, call [0800 Government \(0800 779 997\)](tel:0800779997). 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.

Basic advice

Staying at home and self-isolating presents its own challenges, but there are things you can do to make the 14 days easier.

- If you are self-isolating after travelling internationally, plan ahead and think about what you need to be able to stay at home for the full 14 days before your return to New Zealand.
- Talk to your employer, friends and family to ask for their help to access the things you will need.
- Talk to your employer to see if you can work from home during this time.
- Where possible, ask friends or family to drop off anything you need or order supplies online. Make sure any deliveries are left outside your home for you to collect. Many New Zealand companies are now offering a 'contactless' delivery option, where they notify you when they have delivered your order but remain nearby to ensure you receive it.
- You can keep in touch with friends and family over the phone or internet, but don't have physical contact with anyone who isn't isolating with you.
- Physical exercise is good for your wellbeing. Look for online classes or courses to help you take light exercise in your home.
- You can go outside, but you need to limit your contact with others. It's ok to go for a walk, run or ride your bike, as long as you avoid people who aren't self-isolating.
- Don't use public transport, taxis or similar transport methods during your 14-day period. You can use public transport after you arrive in New Zealand for the sole purpose of returning to your home but cannot use it after that. You can use your own transport means (car, bike etc) whenever you wish.
- You can live with others during your 14 days, but you need to avoid close contact with them. This means you shouldn't share beds, linen or food.