

## Healthcare – what do you do during ALERT LEVEL 1? (as at 8 October, 2020)

### 1. Feeling well?

- You can **leave** home, but continue to be mindful of public health measures
- **Follow** the Alert level 1 directions in place for the Auckland region,  
<https://covid19.govt.nz/covid-19/alert-system/alert-level-1/>

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

- If you are in Auckland and have any cold or flu-like symptoms, you should **get a FREE** COVID-19 test. The symptoms of COVID-19 can include:
  - ✓ New or worsening cough
  - ✓ Fever
  - ✓ Sore throat
  - ✓ Temporary loss of smell
  - ✓ Runny nose.

If you have any of these symptoms?

1. **Call** Your family doctor (GP) first -call ahead to find out if you need a test and follow their advice
2. **Go** to a Designated GP
3. **Go** to an Urgent Care Clinic, or
4. Final option **go** to a COVID-19 Testing Centre (CTC)

See list: [www.arphs.health.nz/covid19test](http://www.arphs.health.nz/covid19test)

- **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'.)
- 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.
    - Go to your appointments unless you are told otherwise by the service. See each DHB's info below on their website.
  - ✓ **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.

#### Protect yourself and others

- **Stay** home if you're sick
- Continue to wash your hands for **20** seconds, and sneeze and cough into your elbow
- **Disinfect** commonly used surfaces at home and at work
- 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](http://www.arphs.health.nz/covid-19-information-for-our-communities)

[www.covid19.govt.nz/updates-and-resources/translations](http://www.covid19.govt.nz/updates-and-resources/translations)