

# Be prepared for COVID-19

## Household plan

Use this plan to make a list of important people to contact for help if you or someone in your house gets COVID-19. Make sure you discuss this plan with your whānau and keep it somewhere that's easy for everyone to access it.

This plan belongs to:

### Who can you ask for help and support?

Write down any friends, family, neighbours or support workers you want to contact.

Name: <input type="text"/>	Number: <input type="text"/>
Name: <input type="text"/>	Number: <input type="text"/>
Name: <input type="text"/>	Number: <input type="text"/>
Name: <input type="text"/>	Number: <input type="text"/>

### Who will look after your children, pets, or other people you usually care for?

Write down the best person to contact if you have to isolate:

Childcare: <input type="text"/>	Number: <input type="text"/>
Care for other family members: <input type="text"/>	Number: <input type="text"/>
Pet care or kennels: <input type="text"/>	Number: <input type="text"/>
Is there anyone else you usually care for: <input type="text"/>	
Who will you contact to provide care for them: <input type="text"/>	Number: <input type="text"/>

### Who else might you need to contact?

Doctor: <input type="text"/>
Pharmacy: <input type="text"/>
Work: <input type="text"/>
School: <input type="text"/>
School: <input type="text"/>
Vet/kennels: <input type="text"/>
Carers or support workers: <input type="text"/>
Other important people: <input type="text"/>

Note down your important medical information on the other side of this sheet.

### Helpful numbers

**COVID-19 Healthline:** 0800 358 5453

**Press 2 for the disability call centre.** Free text 8988

**Disability vaccination call centre:** 0800 829 935

**Disability vaccination text only:** 027 281 5017

**Book a vaccine:** 0800 28 29 26

**Book a COVID-19 test:** 0800 258 5453

**Work and Income:** 0800 559 009

**Women's Refuge:** 0800 733 843

**PlunketLine:** 0800 933 922

**Age Concern New Zealand:** 0800 652 105

**Youthline:** 0800 376 633

**Outline:** 0800 688 5463 (6pm - 9pm)

**Mental Health Support:** call or text 1737

**Alcohol and Drug Helpline:** 0800 787 797

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## Important medical information

### Health conditions or disabilities

Do you have any health conditions or disabilities ambulance or medical staff need to know about?

### Medical and Disability information

Write down anything that health or ambulance staff will need to know if they are treating you.

### Urgent information

What do ambulance or medical staff need to know immediately to keep you safe?

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### Access and medical equipment

If you need to go to hospital or an isolation facility, what do you **need** to bring with you?

e.g. hearing aids, glasses, wheelchair or mobility aid, batteries, communication device.

Do you have a service animal?

### Allergies

Are you allergic to any medication?

Other allergies:

### Medication

What medication do you usually take?

### Communication

What do ambulance or medical staff need to know or do to communicate with you?

Do you need a NZSL Interpreter?

### Moving around

Do you need assistance or equipment to move around or find your way?

What do ambulance or medical staff need to know if they are lifting or moving you?

### Making decisions

How do you usually make decisions about your health care?

- I make my own decisions
- I have support to make decisions

Please contact:

Number:

### Do you have a Health Passport?

A Health Passport is a booklet you can write in to tell medical staff more information about what you need to be safe, comfortable and have full access to your medical care.

Yes – make sure you keep it with this plan somewhere easy to find

No – would you like use to send you one?

If so, email [disability@ccdhb.org.nz](mailto:disability@ccdhb.org.nz) or download one at [www.hdc.org.nz/disability/my-health-passport/](http://www.hdc.org.nz/disability/my-health-passport/)

# Be prepared for COVID-19

## Checklist

Who can do my shopping for me/us?

Who can pick up my shopping?

My back-up shopper or collector is:

### Shopping checklist:

#### Food

- Fresh: fruit and vegetables
- Dried: pasta, rolled oats, cereals, noodles, beans, milk powder
- Staples: sugar, flour, oil/butter, salt
- Canned: soup, beans, tuna, tomatoes
- Frozen: vegetables
- High energy: peanut butter, nuts & seeds, crackers, energy bars
- Foods your family likes when sick
- Pet food
- Baby food, formula

#### Cleaning

- Bleach, disinfectant
- Paper towels or rags
- Bin bags
- Household cleaning products
- Medical supplies
- Regular prescription medication
- Basic first aid: plasters, bandages, scissors, gloves, Dettol, thermometer
- Non-prescription medications: paracetamol, ibuprofen, cold & flu, anti-histamine, throat lozenges
- Glasses and contact lens solution
- Medication for your pets

#### Hygiene

- Toilet paper
- Menstrual products: pads, tampons
- Baby supplies: nappies, wipes, rash cream
- Tissues
- Soap, shampoo, conditioner, toothpaste
- Laundry detergent
- Alcohol-based hand sanitiser containing at least 60% alcohol
- Masks

### Other things to think about:

#### Communications

- Charge phones, tablets, radios, power banks and hearing aids
- Spare batteries
- Download chat apps
- Make other plans of how to check in with each other

#### Entertainment

- Puzzles
- Books and magazines
- Cards and games
- Colouring and activities
- Podcasts

### For more information:

[www.VaccinateGreaterWellington.nz](http://www.VaccinateGreaterWellington.nz) or [www.covid19.govt.nz](http://www.covid19.govt.nz)