

5. AFTER you + your household has finished ISOLATION:

- CLEAN & DISINFECT your home -> can use regular cleaning products, ensuring ALL SURFACES have been cleaned, clothing & bedding washed + home vacuumed.
- Seal all contaminated waste into a separate bag and then throw as general household waste.

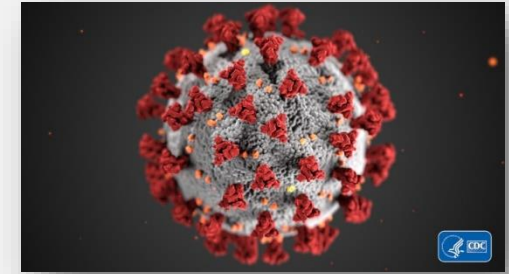


6. If you are not already, get Vaccinated once you have recovered (*wait at least 4 weeks after you recover*).



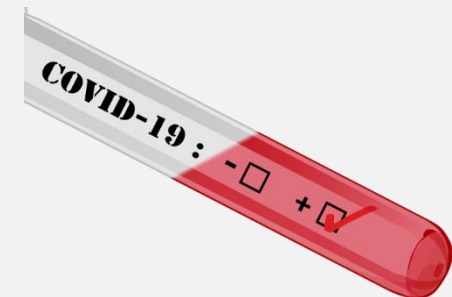
7. Take care of yourself, stay in contact with loved ones and the corresponding health professionals.

You will get better and come out even stronger than before!



Positive for COVID-19?

Here's what you need to know!



1. DON'T be embarrassed. It can happen to anyone. It is not your fault.



2. Keep your PHONE with you and ANSWER your CALLS.

- It is very important you stay in touch with the health professionals who are here to *help* you.



3. YOU and EVERYONE you LIVE with + their close contacts → must ISOLATE from the community.

- You will get a CALL to discuss all of this e.g., *where* you should isolate and what *medical* attention you may need.



**USEFUL COVID-19
HealthLine:**

0800 358 5453

(24 hours 7 days week open)

4. You will NOT have to pay for any COVID-19 related medical costs.

- A 24/7 *contact phone number* will be available to support you and check on you and your family.

- If you need *medication*, contact your doctor or pharmacy and they will get it delivered to your home.

