

SELF ISOLATION KIT

ESSENTIALS:

- Prepare a [COVID-19 Plan](#)
- Have a [medical passport](#) ready
- Create a list of your support people/ services and their contact details
- Tissues
- Soap
- Hand Sanitiser
- Masks
- Cleaning products and gloves
- Personal Protective Equipment (PPE)
- Rubbish bags (try and have separate bags for tissues before putting in main rubbish bags)
- Paracetamol and/or ibuprofen, other medications that help with cold and flu-like symptoms
- Top-ups of prescriptions and daily medications
- Thermometer
- Continence products (if needed)
- Other medical/personal supplies as needed

OPTIONAL:

- Prepare and freeze or purchase easy to heat up and nutritious meals - such as soup
- Electrolytes
- Heat and ice packs
- Chest vapour rubs
- Cough syrup or soothing lozenges
- Nose and throat treatments, like sprays, gargles and rinses
- Antihistamines
- Soothing drinks like lemon, honey and ginger tea
- Supplies for a [homemade nasal rinse](#)
- Vitamin D and Omega 3 (both can be found in fish oil or cod liver oil capsules)
- Probiotics
- Zinc supplements

CONTACTS FOR SUPPORT SERVICES:

- COVID-19 Healthline: 0800 358 5453
- Healthline: 0800 611 116 (for advice on other health matters)
- PlunketLine: 0800 933 922 (for health advice regarding babies or children)
- Family Services: 0800 211 211
- Mental health support: call or text 1737
- Work and Income: 0800 559 009
- Alcohol Drug Helpline: 0800 787 797
- For more information on planning for COVID-19 visit www.covid19.govt.nz