

TAKE ME HOME JUST IN CASE

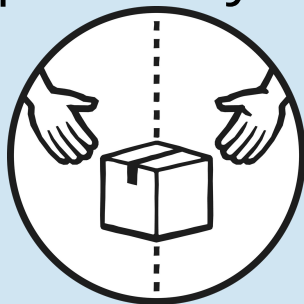


**Need extra
support while
self-isolating
because of COVID?**

**Work and Income may be able to
help - Anyone can request help, you
do not need to be on a benefit or
getting Studylink payments**

Call 0800 512 337

8am-8pm 7 days a week



**To request Rapid Antigen Tests
(RATs) call 0800 222 478 (option 3)
8am - 8pm 7 days a week**

For COVID health advice call

0800 358 5453 anytime

**Unite
against**



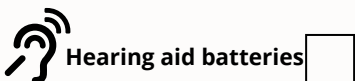
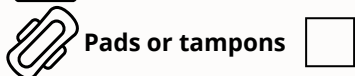
**MINISTRY OF SOCIAL
DEVELOPMENT**
TE MANATŪ WHAKAHIATO ORA

COVID-19

My COVID-19 Plan

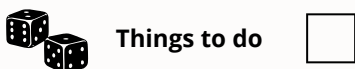
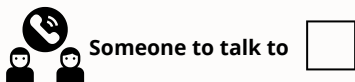
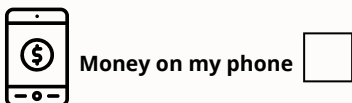
Things I will need to stay at home

Tick the things you will need



Things that will help me feel better

Tick the things you will need



Who can help you if you need a contactless delivery?

_____ 

Share your plan with someone you trust.

IF YOU FEEL SICK CALL YOUR DOCTOR OR HEALTHLINE (0800 611 116)

FOR URGENT HELP OR IF YOU HAVE TROUBLE BREATHING CALL 111



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