

Get ready for Omicron

There are things you can do to prepare yourself and your whānau should Omicron arrive in the community.

Being ready is about having conversations, making connections and knowing what to do.

If you test positive for COVID-19, you will need to stay home and avoid contact with others, including whānau. Your plan for how to do this might include things like:.

- **Who can help you by dropping off supplies or groceries?** Identify anyone who may be able to help.
- **Is there anyone in your house who needs extra help?** Make plans with any in-home carers, and for shared custody situations.
- **How might you be able to work or continue with education?** Talk to your employer and schools about plans to work and learn from home.
- Let people know you're isolating – you might want to prepare signs for your front door, and QR codes for those dropping things off for you.
- **What if you're very sick and need to go to hospital?** Write down household instructions like caring for pets, plants and paying bills for someone else to follow.

You may also want to prepare a kit at home, and include things like medicines and food, and a list of whānau information. Include details like names, ages, NHI numbers, medical conditions, supplies and medications normally taken by each person. This will help health staff know who is in the household.

You may also want to note emergency contact information like your doctors clinic, afterhours and support agencies. Know and share your plan with your household, so everyone knows how to support each other and who to contact if someone gets sick and needs to isolate.

We're all in this together. Stay safe, stay connected, and encourage your loved ones to make their own plans.