



## Accessing Health Services During Alert Level 3 & 4

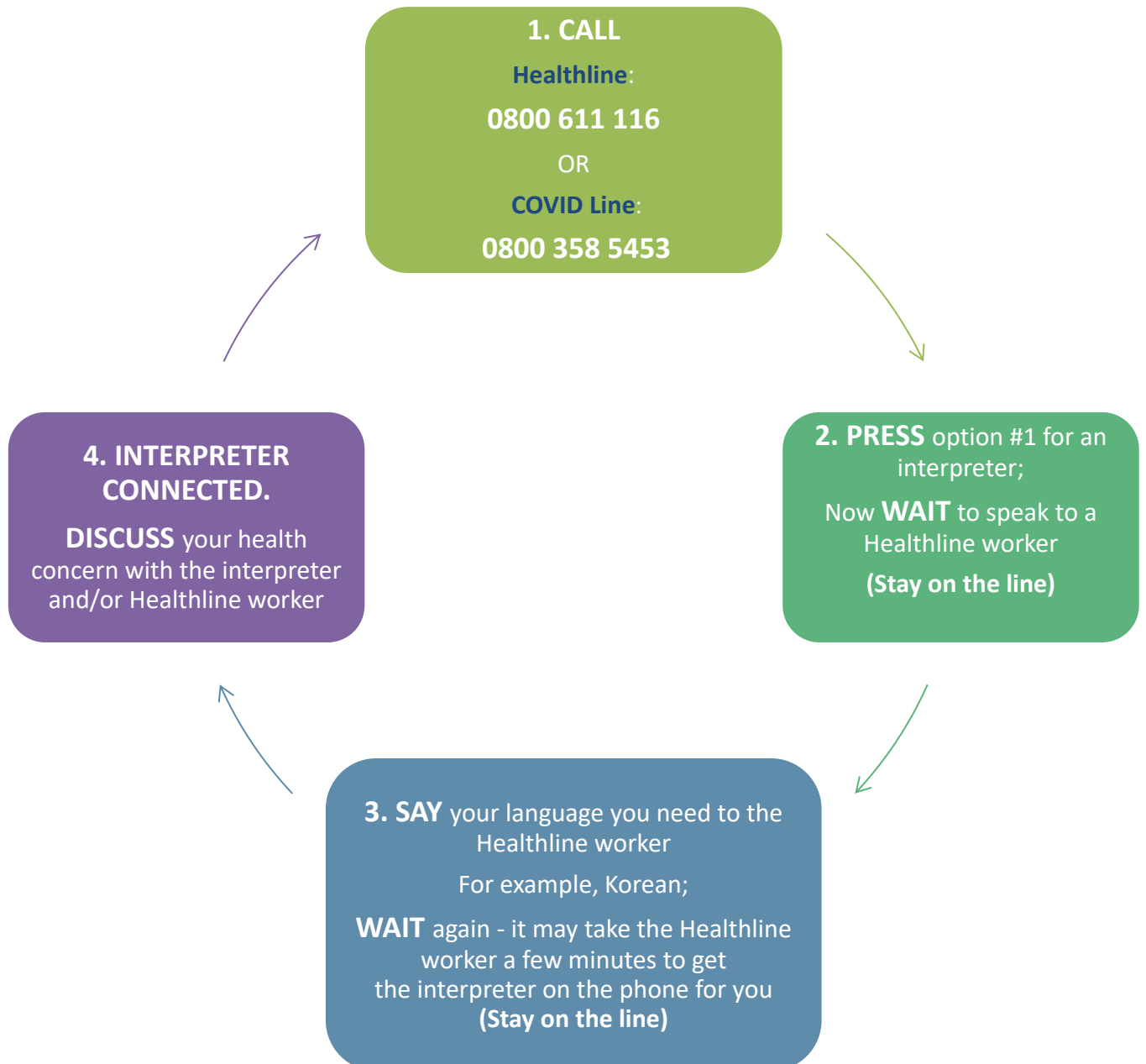
### HEALTHCARE – WHAT DO I DO?

Healthcare –what do you do during ALERT LEVEL 4?
<p><b>1. Feeling well?</b></p> <ul style="list-style-type: none"> <li>• <b>Stay</b> at home</li> <li>• <b>Follow</b> the Alert level 4 directions.</li> </ul>
<p><b>2. Feeling unwell? Do you need testing or care?</b></p> <p>COVID-19 symptoms are similar to many other illnesses (like influenza) and do not necessarily mean you have COVID-19. The symptoms can include:</p> <ul style="list-style-type: none"> <li>✓ Cough</li> <li>✓ Sore throat</li> <li>✓ Runny nose</li> <li>✓ Loss of smell</li> <li>✓ Fever</li> <li>✓ Shortness of breath. (This could be a sign of pneumonia and you should seek immediate medical attention).</li> </ul> <p>If you have <u>any</u> of these symptoms?</p> <ul style="list-style-type: none"> <li>✓ <b>Call</b> your local Family Doctor (GP) or health provider, OR</li> <li>✓ <b>Call</b> Healthline, <b>0800 358 5453</b> for health advice.</li> </ul> <p>Based on your symptoms, recent travel or exposure to others with COVID symptoms, your family doctor (GP), Healthline or health provider will advise you if you need to <b>leave</b> the house for safe testing.</p> <ul style="list-style-type: none"> <li>• If you need to access other care, <b>call</b> your health service first. GPs are open for business.</li> <li>• If you need to get your influenza immunisation, <b>call</b> your GP or local community pharmacist first to arrange to get this done safely. See link <a href="#">here</a> for multilingual 2020 65 Years and Over Influenza Immunisation Posters.</li> </ul>
<p><b>3. Is it an Emergency?</b></p> <ul style="list-style-type: none"> <li>• <b>Call 111</b>, OR</li> <li>• <b>Go</b> to your nearest hospital Emergency Department (ED). ED is open.</li> </ul>

## HEALTHLINE

Are you or your whānau/family unwell?

Do you need to access an interpreter when you call Healthline or the dedicated COVID-19 Line?



## HELPFUL WEBSITES

### For translated health & welfare information visit:

- Unite Against COVID-19: <https://covid19.govt.nz>
- New Zealand Red Cross: <https://www.redcross.org.nz/stories/new-zealand/learn-prepare-and-take-action-covid-19/>
- Auckland Region Public Health Service: <https://www.arphs.health.nz/home/covid-19>
- Auckland community COVID-19 testing centres: <http://www.adhb.health.nz/about-us/news-and-publications/latest-stories/covid-19-community-testing-network/>
- RASNZ: <https://rasnz.co.nz/covid-19-resources/>
- Belong Aotearoa: <https://www.belong.org.nz/covid19-resources>
- Immigration New Zealand, Migrant and refugee information: <https://www.immigration.govt.nz/about-us/covid-19/migrant-information>
- Pegasus Health, Community Based Assessment Centre (CBAC) Videos in translated languages: <https://vimeo.com/pegasushealth>

### Helplines:

- RASNZ Support & Information Line, **0800 472 769**
- Need to talk? Call **1737**
- Asian Family Services, Asian Helpline **0800 862 342**