

Looking after yourself when you are feeling sick

6 April 2020 factsheet



At the moment everyone is staying home to stop the spread of COVID-19.



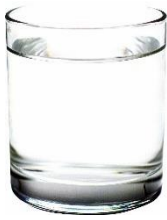
Staying at home can be hard.

When you feel sick it can be even harder.



You may need to look after yourself if you are feeling unwell.

To help you to feel better:

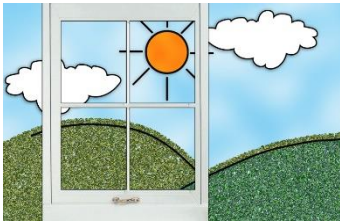


- drink water



- drink some warm drinks like:

- tea
- lemon and honey drinks



- open a window for fresh air



- rest as much as you can
- get lots of sleep.



Do some quiet and fun things like:

- listen to music



- listen to a book online – these are called audiobooks



- read a book

- watch TV.



Keep in touch with the people you care about.

They care about you too.

Help the people you live with stay well



If you live with other people you need to be careful so they do not get sick too.



Here are some things you can do to help the people you live with stay well:

Cough and sneeze into:

- your elbow

or

- a tissue.



Do **not** cough or sneeze on your hands.

If you cough or sneeze on a **tissue**:



- throw it in the bin

and

- wash your hands.



Wash your hands for 20 seconds as often as you can with soap and water.



Do **not** share:

- drinks



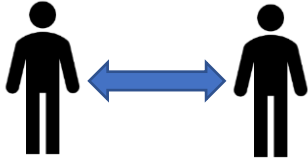
- toothbrushes



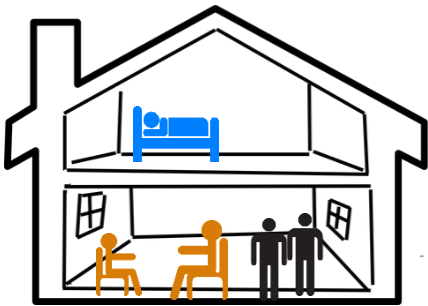
- things that you eat with like forks or chopsticks.



Open your windows to let fresh air and sunshine in.



Stay away from the people you live with as much as you can.



Try to stay in a different room from them.

Sleep in a room with no other people in it if you can.



Do not hug or kiss anyone until you feel better.



You can go back to hanging out with the people you live with when you feel better.

Ask for help if you need it



If you need help getting medicine or food you can contact:



People First New Zealand on:

- Phone: 0800 20 60 70
- Email: ask@peoplefirst.org.nz



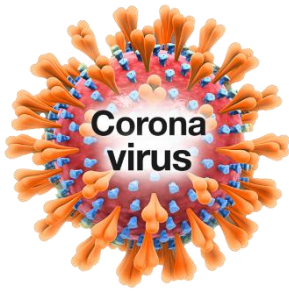
If you are worried or have questions about your health call:

- your doctor

or



- Healthline on: 0800 611 116



If you have any questions about
COVID-19 you can call Healthline on:

0800 358 5453



It will not cost you any money to call
these Healthline phone numbers.



Healthline is open all the time – day
and night.



If you are having a hard time you can talk to a **trained counsellor** at **1737 – Need to Talk.**



A **trained counsellor** is someone who can help you to talk about your feelings



1737 - Need to Talk is a helpline you can call or text.



You can:

- call 1737

or

- text 1737.





You can call or text 1737 – Need to
Talk any time day or night.



It does **not** cost any money to call or
text 1737.



If you have an **emergency** and you need help straight away you can call:

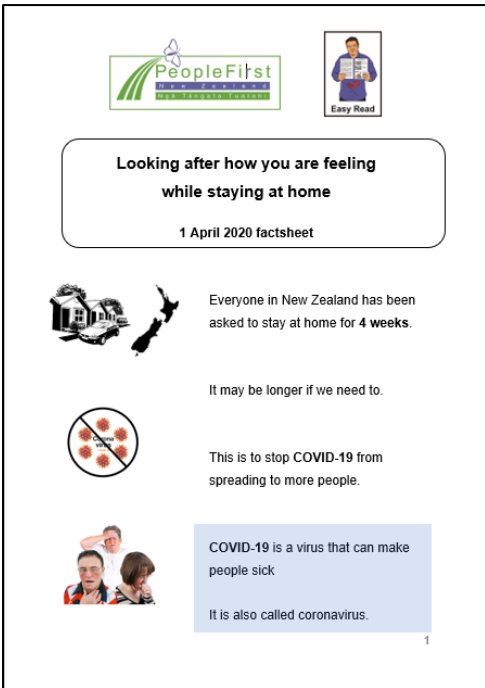
- 111

or



- use the 111 text service if you are registered to use it.

An **emergency** is when you do not feel safe.



There is also an Easy Read factsheet called:

Looking after how you are feeling while staying at home.

This factsheet has lots more good ideas about how to look after yourself while we are all staying at home.



You can find this Easy Read factsheet on the People First website:

<https://www.peoplefirst.org.nz/easy-read-information-about-covid-19/>



This information has been translated into Easy Read by the Make It Easy service of People First New Zealand Inc. Ngā Tāngata Tuatahi.



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- Changepeople.org



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