Health Navigator New Zealand

Aotearoa e te toa!   
A series of resources for people with COVID in the community

# Transcript: COVID-19 and your medicines

## [Introduction]

| **Audio** | **Visual** |
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| [Guitar music] | Aotearoa e te toa!  COVID-19 and your medicines |
| [Guitar music]  [Pharmacist] While there is COVID circulating in your community, if you have a long-term health condition that you are taking medicines for, you might have some questions. | A pharmacist stands behind the pharmacy counter, reading a prescription and looking at a bottle of medicine. |
| [Guitar music]  [Pharmacist] Should you keep taking them? How much supply should you have on hand?  Here are some COVID-19 and your medicines ‘dos and don’ts’. | A blue background appears, with a puzzled looking woman shown to the right. To her left, text is shown:  Should I keep taking my medicine?  How much supply do I need? |

## [‘Dos and don’ts’ for COVID-19 and your medicines]

| **Audio** | **Visual** |
| --- | --- |
| [Guitar music]  [Pharmacist] Make sure you have enough medicine to last a few weeks. | The woman is in her dining room at home, looking into her empty medicine bottle. |
| [Guitar music]  [Pharmacist] Contact your GP to get any new prescriptions you might need. | The woman sits in the lounge and phones her GP. |
| [Guitar music]  [Pharmacist] Set reminders to take your medicine on time if staying home is a change to your usual routine.  [phone dings] | A man stands in the bathroom. He sets a reminder on his phone that says “Take your meds”. |
| [Guitar music]  [Pharmacist] Be sure you get your flu vaccine – it’s free if you’re 65 or older, pregnant or have a chronic condition. Check with your doctor or nurse for more information.    Being protected against the flu helps keep you healthy and hospital beds free. | The pharmacist stands in the pharmacy, in front of the counter.  Then a pregnant woman is shown. She has a plaster on her arm - because she got her flu jab.  The pharmacist stands outside a hospital. |
| [Guitar music]  [Pharmacist] Contact your pharmacist  – that’s me – if you have any questions at all about any medicine you’re taking.    It’s really important not to stop, or reduce your dose of your regular medicine, unless your GP has told you to.  [phone dings] | The pharmacist stands in the pharmacy.  Next, the man is in his bedroom when his reminder dings – reminding him to take his medicine. He takes his medicine with a sip of water. |
| [Guitar music]  [Pharmacist] Also – don’t take herbal, homeopathic or natural remedies without checking with a pharmacist or your GP. There are none that have been shown to be effective against COVID-19. | The pharmacist stands behind the counter in the pharmacy. |

## [Questions and answers]

| **Audio** | **Visual** |
| --- | --- |
| [Guitar music]  [Woman] Kia ora. With my high blood pressure and asthma, is it ok to keep taking my meds if I get COVID? | The woman is at home, looking at her medicines. She phones the pharmacist. |
| [Guitar music]  [Pharmacist] Yes, it’s important you keep taking them. Don’t stop any of your regular ones without checking with your doctor. | The pharmacist is standing behind the counter at the pharmacy, talking to the woman on the phone.  The woman is at home, taking her medicine with a sip of water. |
| [Guitar music]  [Pharmacist] This advice applies to people living with a wide range of conditions like arthritis, COPD, high blood pressure, heart disease, diabetes, asthma etc. | The pharmacist is standing behind the counter at the pharmacy. |

## [Key messages]

| **Audio** | **Visual** |
| --- | --- |
| [Guitar music]  [Narrator] You can do this! Remember if you’re concerned about your health, ring your GP or the free 24/7 Healthline number 0800 611 116. | A notecard or notepad is shown with the heading “Key messages”.  The messages are listed:   1. Don’t stop taking your regular medicine without advice 2. Have enough medicine to last a few weeks 3. Take your medicines on time 4. Get your flu shot 5. Talk to your pharmacist or GP about any other medicines or natural remedies you’re taking. |
| [Guitar music] | Credits are shown:   * Health Navigator New Zealand * Te Poari Hauora Ā Rohe O Te Tai Tokerau/Northland District Health Board * Ministry of Health/Manatū Hauora   A website URL is shown:  [hn.org.nz/covid-and-medicines](http://hn.org.nz/covid-and-medicines)  In partnership with Northland DHB and the Ministry of Health |
| [Guitar music] | Text appears, which says:  Animation by:  A group of paper airplanes swirls around, and then a logo appears:  Benchmedia Infotainment & Content Solutions |