Health Navigator New Zealand

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

# Transcript: How to isolate (taratahi) at home

## [What it means to isolate at home]

| **Audio** | **Visual** |
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| [Guitar music] | Aotearoa e te toa! How to isolate (taratahi) at home |
| [phone notification sound][Narrator] If you’ve been told you’ve got COVID or you think you might have it, it’s really important to isolate at home.  This will help stop the virus from spreading. | A man sits on his bed at home. His phone dings and notifies him: “Your COVID-19 result is positive. You need to isolate immediately”Then he stands in the room, wearing a dressing gown and blowing his nose. |
| [Narrator] Isolating can be really hard, especially if you  live with whānau, friends or in smaller spaces. You have to stay physically distanced from the rest of the household.  | The man sits on his bed, lies down, sits up and reads a newspaper, reclines in bed and looks at a tablet computer.  |
| [Narrator] It can help if you have a sleepout. If that’s not possible, stay in your room as much as you can and open windows to improve the airflow. | The man stands outside in the garden near a sleepout and gives a thumbs-up. Then he is standing back in his bedroom, and opens the window. |

## [Key rules to follow]

| **Audio** | **Visual** |
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| [Narrator] There are some important rules you should follow. | The man sits on his bed at home, using his tablet computer. The tablet shows him a message: “Rules for COVID isolation”. |
| [Narrator] Stay at home.[Man] Kia ora John. I’m not feeling that  great. I’ve got my results back and I’ve got the virus. No club night for me. I’ll be staying put for now. | The man sits on his bed at home and makes a phone call.  |
| [Narrator] Don’t leave home for food or medicines.[Woman] Hey Koro, I’m leaving your brekky outside the door. And I’m making a list for online shopping. Do you need anything? | A woman dressed in shorts and a shirt stands in the kitchen at home, making a cup of tea. She places the tea and a plate of eggs onto a small table outside a closed door in her home. She knocks on the door and speaks. |
| [Narrator] If you live alone or with others, arrange for someone to drop off food or medicines. Or you can get them delivered. | A man wearing a tee, trousers and a face mask is in a store shopping for groceries.A grocery delivery truck drives down the road.  |
| [Narrator] If you need to use the toilet or bathroom, use a separate one if you have it. If that’s not possible, use it after everyone else has been.When you leave your room, wear a mask and keep two metres away from others. [Man] Just going for a shower, kids.[Kids] Ok, just putting our masks on! | The man is shown again in his bedroom wearing a dressing gown. A thought bubble shows that he is imagining himself taking a shower.The man picks up and wears a face mask, stands at his closed bedroom door and speaks to the kids in the lounge. Then he opens the door and walks to the bathroom. Two kids and a woman are hanging out in the lounge, wearing face masks.  |
| [knocking sound][Woman] Hi guys, sorry, my koro’s not doing too well, ah. We’re all under isolation so we can’t see you for a while. Sorry about that. Catch you guys next time. | A woman and girl knock on the front door of a home. A woman inside opens the door and speaks. |
| [Narrator] If you are asked to stay at home with COVID-19, you’ll need to monitor your own symptoms. | The man sits on a chair in the lounge, writing notes on a notepad. |
| [Man] Kia ora e hoa. I’m outside getting some fresh air. I’m a bit hōhā but all good. Yep, I’m keeping track of my symptoms and  I've got the kids running round after me. | The man sits in a chair outside in the garden, talking on the phone. A dog is standing nearby, eating a meal. |

## [Summary]

| **Audio** | **Visual** |
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| [Guitar music][Narrator] You can do this, and if at any time you have any concerns, the healthcare team is just a phone call away. | A notecard or notepad is shown with the heading “COVID ISOLATION RULES”The rules are listed:1. Stay at home
2. Don’t go out for food or medicines. Get them delivered.
3. Avoid contact with others in your household as much as possible
4. Wear a mask and keep two metres away.
5. No visitors to your home unless they’re delivering essentials and can leave them outside.
6. Talk to a healthcare team if you need to.
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| [Guitar music]  | Welfare and manaaki support is available through a national service: 0800 512 337  |
| [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/how-to-isolate-at-home](https://www.healthnavigator.org.nz/how-to-isolate-at-home/)In partnership with Northland DHB and the Ministry of Health |