Health Navigator New Zealand

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

# Transcript: Managing your COVID symptoms

## [What it means to isolate at home]

| **Audio** | **Visual** |
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| [Guitar music] | Aotearoa e te toa!  Managing your COVID symptoms |
| [Guitar music]  [Man #1 snores]  [Narrator] It’s important to rest at home and drink plenty of liquids when you have COVID. | A man sleeps in his bed at home. |
| [Guitar music]  [Narrator] Here are some ways to ease some of the symptoms you might be experiencing. | The man drinks a glass of water in the kitchen. |
| [Guitar music]  [Woman #1] I’ve had a few aches and pains and my healthcare team said I could take paracetamol or ibuprofen to help with fever, body aches and headaches. | A woman sits in a recliner. |
| [Guitar music]  [Man #2] My nose has gone from blocked to runny and I’ve been coughing a bit. So, I’m allowed to use a nasal spray, decongestants, lozenges and cough mixture. | A man stands in his bedroom. |
| [Guitar music]  [Woman #2] I’ve tried a couple of things for my sore throat, like a salt-water gargle. [Yuck noise] But a teaspoon of honey went down all good! | A woman stands in her kitchen, then pulls a face when speaking about a salt-water gargle. |
| [Guitar music]  [Woman #3] I got the pharmacy to deliver lozenges and some throat spray. | A pregnant woman stands outside a home. |
| [Guitar music]  [Man #1] I’ve been throwing up and pooing all day. It’s not fun, but I’m keeping my fluids up, best I can. Sucking an ice-cube or ice-block is good. | Man #1 stands in the bathroom. |
| [Guitar music]  [Narrator] Even if you experience mild or no symptoms, it’s important to stay hydrated – this means drink plenty of liquids or rehydration drinks like Gastrolyte. | A glass of water is shown on a green background. A hand reaches for the glass.  A blue-green screen appears – Man #1, pregnant woman, man #2, and woman #2 are shown alongside one another, each drinking a glass of water. |
| [Guitar music]  [Narrator] Keep monitoring your symptoms so you can stay on top of any changes.    Avoid running, or strenuous exercise. Just chill. | Woman #1 sits in a recliner, writing on a notepad.  Man #1 chills out with his hands behind his head. |

## [Summary]

| **Audio** | **Visual** |
| --- | --- |
| [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 summary text:  **Aches and pains:**  Paracetamol or ibuprofen to help with fever, headaches and body aches.  **Blocked or runny nose, or cough:**  Nasal sprays, decongestants, lozenges, cough mixture you’ve used before, honey.  The next screen shows the notecard or notepad again, with more summary text.  **Sore throat:**  Suck a teaspoon of honey or gargle with salt water. Try lozenges, gargle or throat spray.  **Vomiting (being sick) and diarrhoea (runny poo):**  Drink plenty of fluids to avoid dehydration. If your pee is very dark or there’s less of it, call the health team. |
| [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/symptoms](https://www.healthnavigator.org.nz/symptoms/)  In partnership with Northland DHB and the Ministry of Health |