

# Covid-19 Positive Patient Information and Links

We understand that this could be a stressful time for you and your family and fully aware of the Omicron is spreading fast. Our team have been working hard to prepare for this, please take comfort in knowing that we are here for you and your health needs throughout this time.

We need to also keep our staff safe to ensure we can continue to provide our patients a healthcare service and ask you to please be kind and adhere to our changes of how we work as we navigate through the next stages and changes.

We are offering phone consultation in the first instance as this is our preferred method, if the Doctor/Nurse decides they do need to see you they will arrange this with you. You may need to be seen from your car and there may be waiting times depending on our staffing levels. Please work with us and show gratitude as we are doing our very best to ensure our compromised, vulnerable and elderly patients are protected.

**If you are feeling unwell, please phone us to book in to our "Covid Swabbing Service". Please self-isolate and don't present at the Medical Centre, but phone us first for assessment and instructions on next steps.**

**Healthline** – 0800-358-5453 (24 hours, seven days a week) for support, including self-isolation certificates for the case and household close contacts. [www.health.govt.nz](http://www.health.govt.nz)

**Emergency Care** – **Phone 111 for an ambulance**

## Patient information hubs

**Health Navigator – COVID-19/Mate Korona Outbreak** <https://www.healthnavigator.org.nz/health-a-z/c/covid-19/>

**Ministry of Health – COVID-19: Health Advice for the Public** <https://www.health.govt.nz/covid-19-novel-coronavirus/covid-19-health-advice-public>

**HealthInfo – COVID-19 (Novel Coronavirus)** <https://www.healthinfo.org.nz/index.htm?face-masks.htm>

## Children:

**Coping with Worry and Anxiety about Covid-19** <https://www.kidshealth.org.nz/coping-worry-anxiety-about-covid-19>

**Resources to help explain Covid-19 to children** <https://www.kidshealth.org.nz/coping-worry-anxiety-about-covid-19>

## Social Support:

Social Support – Ministry of Social Development site for shopping services and MSD services for financial support. <https://www.msd.govt.nz/about-msd-and-our-work/newsroom/2020/covid-19/where-to-go-for-services-and-support.html>

## Mental health and well-being

1737: Need to Talk? – 24-hour free call or text service (phone or text 1737) <https://1737.org.nz/?#about-1737>

Depression.org.nz – Coping with COVID-19 – Feeling Anxious and Stressed About COVID-19 is Normal <https://depression.org.nz/covid-19/covid-19>

## Health Navigator:

COVID- 19 Positive – Supporting Your Mental Wellbeing <https://www.healthnavigator.org.nz/health-a-z/c/covid-19-positive-mental-wellbeing/>

Melon App (COVID-19 mental health app) <https://www.healthnavigator.org.nz/apps/m/melon-app/>

Mentemia App (COVID-19 mental health app) <https://www.healthnavigator.org.nz/apps/m/mentemia-app/>

Just a Thought – Staying on Track: A Guide to Support Your Wellbeing During COVID-19 <https://www.justathought.co.nz/covid19>

Ministry of Health – COVID-19: Mental Health and Wellbeing Resources <https://www.health.govt.nz/covid-19-novel-coronavirus/covid-19-health-advice-public/covid-19-mental-health-and-wellbeing-resources>

NZ Mental Health Foundation – Support to Get You Through COVID-19 <https://mentalhealth.org.nz/getting-through-together>

This Way Up – Supporting You Through Self-isolation (free course) <https://thiswayup.org.au/covid-19/self-isolation/>

## Māori and Pacific Peoples

Te Puni Kōkiri Ministry of Māori Development – COVID-19 Information for Māori <https://www.tpk.govt.nz/en/whakamahia/covid-19-information-for-maori>

Te Rōpū Whakakaupapa Urutā, National Māori Pandemic Group – COVID-19 Advice for Māori <https://www.uruta.maori.nz>

Prepare Pacific <https://preparepacific.nz/>

## Non-English resources

Unite Against COVID-19 - Translations: Help and Advice in Other Languages <https://covid19.govt.nz/languages-and-resources/translations/>

New Zealand Red Cross – Translated Materials <https://www.redcross.org.nz/stories/new-zealand/looking-after-yourself-and-others/#prefix-amharic-translations>

Refugees as Survivors New Zealand (RASNZ) – COVID-19 Resources [in multiple languages] <https://rasnz.co.nz/covid-19-resources/>

Asian Family Services [telephone support in English, Mandarin, Cantonese, Korean, Vietnamese, Japanese, Thai, and Hindi] <https://www.asianfamilyservices.nz/>

The Spinoff – Siouxsie Wiles & Toby Morris: The Symptoms of the UK Covid Variant, in Seven Languages <https://thespinoff.co.nz/society/03-03-2021/siouxsie-wiles-toby-morris-the-symptoms-of-the-uk-covid-variant-in-seven-languages>