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Te Kāwanatanga o Aotearoa
New Zealand Government

Te Whatu Ora
Health New Zealand

Managing your symptoms

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Managing your symptoms

Most people with COVID-19—especially if they are fully vaccinated and boosted—are likely to have a mild to moderate illness and will be fine to recover at home.

Symptoms for COVID-19 tend to show 2 to 5 days after a person has been infected but can take up to 14 days.

Omicron causes similar symptoms to other variants.

To find advice on managing your COVID-19 symptoms, go here: www.covid19.govt.nz/Symptoms

If you need advice

If you need advice on how to treat your symptoms or have worsening symptoms, talk to your healthcare provider or call the COVID-19 Healthline on 0800 358 5453.

If it is an emergency

If your symptoms get worse or you need urgent medical care, call your local healthcare provider or COVID-19 Healthline on 0800 358 5453

If you or the person you are caring for develops difficulty breathing, severe chest pain, fainting or becomes unconscious, call 111 immediately.

If you require hospital-level care, it is free.

If you are pregnant or have recently given birth

Let your midwife, doctor or lead maternity carer know you have COVID-19. If you need any extra care depending on your risk factors or how well you are managing any symptoms, they can help organise it for you.

If you are pregnant and get COVID-19, you should contact your midwife or doctor straight away if you experience any of these things:

- baby moving less than usual or not at all, any change in baby's usual pattern
- bleeding from the vagina or leaking fluid from the vagina
- headache that doesn't go away
- shortness of breath when resting or lying down
- feeling like you can't cope with your symptoms at home
- a temperature higher than 37.5 degrees
- feeling really tired
- feeling very anxious or worried
- feeling unsafe at any time.

It is rare for babies to get COVID during the pregnancy or birth process. Babies who do get it mostly have mild symptoms or none at all.

If you have COVID-19 and are breastfeeding, you can continue to breastfeed while taking specific precautions.

To reduce the risk of spreading the virus while breastfeeding, you should:

- wear a surgical face mask
- wash your hands thoroughly before feeding
- avoid kissing and touching your baby's face.

If you are too unwell to breastfeed, you can express your milk and give it to your baby in a bottle. Make sure you still follow the precautions above.

There is no evidence of transmission of the virus through breast milk. Your midwife and doctor can provide further advice about breastfeeding when you have COVID-19.

If you need support

- The COVID-19 disability helpline can provide help or information about vaccines, face mask exemptions, testing, managing COVID-19, and any other health concerns you may have.

Call 0800 11 12 13 for free. If you are unable to call, you can text 8988.

- The COVID-19 welfare phone line can help if you are self-isolating and need food or other essential items. Call 0800 512 337.
- You can also call Healthline for free for advice on 0800 358 5453.

End of Managing your symptoms