

# Te noho haumaruru i ngā tikanga hou o te KOWHEORI-19

## Staying safe with the new COVID-19 changes

Aotearoa moved on from the COVID-19 traffic lights on 13 September 2022. There are several changes your whānau needs to know about.

Visit [karawhiua.nz](https://www.karawhiua.nz) for more information.



### What are the new COVID-19 changes?

- › You need to stay at home for seven days if you get COVID-19.
- › People who live at your whare no longer have to stay at home if you get COVID-19. But they should take a RAT test every day for five days from when you tested positive. If they test positive, they will have to isolate.
- › You don't have to wear masks anymore, except in some health care places like the doctor, hospitals, pharmacies and aged care centres.
- › Māori and Pacific people aged 50+ can get free COVID-19 antiviral medicine if they test positive.
- › Other New Zealanders aged 65+ can also get free COVID-19 antivirals, as well as some people with three or more high-risk conditions.
- › People coming into Aotearoa from overseas don't have to be vaccinated anymore.
- › All government vaccine mandates end from 27 September 2022. But some employers might require workers to be vaccinated.

You can read more about the changes on [www.covid19.govt.nz](https://www.covid19.govt.nz).

### Do I have to wear a mask now?

You only have to wear a mask when visiting health care places like the doctor, hospitals, pharmacies and aged care centres.

But you can choose to wear a mask whenever you feel you need to, or to help keep our kaumātua and māuiui and immunocompromised whānau safe.

Also, if you get COVID-19, people who live at your whare can choose to wear a mask when out in public, just in case.

### Can marae and other places ask people to wear masks?

Āe, your marae can choose to put their own tikanga in place to keep whānau safe.

Other social places, like churches, might choose to ask people to wear a mask. Kei a koutou te tikanga.

### What do I have to do if I test positive?

You need to stay at home for seven days if you get COVID-19. Visit [karawhiua.nz/what-to-do-if-you-get-covid-19](https://www.karawhiua.nz/what-to-do-if-you-get-covid-19) to read more about what you have to do.



## Do people who live at my whare have to isolate if I get COVID-19?

People who live at your whare no longer have to stay at home if you get COVID-19.

But they should take a RAT test every day for five days from when you tested positive. If they test positive, they will have to isolate.

## What are antivirals and how do I get them?

Antivirals are medicines that help people recover from the effects of COVID-19. Most antiviral medicines are taken in tablet form, but some people will need to receive it by injection. They are most effective if started within the first few days of getting COVID-19.

Some pharmacies can deliver the medicine to you. If your pharmacy doesn't deliver, you will need to get it delivered to you by whānau, friends, or your hauora provider.

If you have a prescription from your doctor or nurse, visit the Healthpoint online map to find a pharmacy near you to collect it from.

[www.healthpoint.co.nz](http://www.healthpoint.co.nz)

If you don't have a prescription, talk to a pharmacist or your hauora provider first to see if the medicines are right for you.

You can read more about antiviral medicines on the Ministry of Health website.

[www.health.govt.nz](http://www.health.govt.nz)

## Can I still get vaccinated?

Āe. Visit [karawhiua.nz/find-vaccination-centre-or-rat-pcr-test](http://karawhiua.nz/find-vaccination-centre-or-rat-pcr-test) and use our online map tool to find a COVID-19 test or vaccination from a kaupapa Māori clinic near you.

## Should I get a test if I feel māuiui?

Āe. If you have COVID-19 or flu symptoms, you should stay at home and get a test. This will help you know if you need to isolate, so you don't spread the virus to others.

## How can tāngata whaikaha keep safe from COVID-19?

- › Wear a face mask when you feel unsafe.
- › Be mindful of how close you get to people you don't live with.
- › Try to avoid large crowds.
- › Let fresh air into your whare and meet friends and whānau outside.
- › Ask manuhiri who do not live with you to take a RAT test before they visit.

## What other ways can I keep whānau safe?

Even though some restrictions have been lifted, we still can make good decisions to keep whānau and others safe from COVID-19.

- › Wear a mask when around our kaumātua and māuiui and immunocompromised whānau.
- › If it makes you feel comfortable, wear a mask on public transport and at indoor locations.
- › Stay home and get tested if you have COVID-19 or flu symptoms, and remind others to do so if they are māuiui.
- › Follow good hygiene practices.
- › Stay up to date with COVID-19 vaccinations.

Visit [karawhiua.nz/preparing-for-covid-19](http://karawhiua.nz/preparing-for-covid-19) to read more about preparing for COVID-19.