



# My Health Checklist

Your name: \_\_\_\_\_

Fill out this form and talk to your pharmacist, doctor or hauora provider before you get sick. That way, if you catch COVID-19, your healthcare provider will have the information they need to decide if COVID-19 treatment is right for you.

If you are unsure about any of the questions below, ask your healthcare provider to help you.

## About Me

Some factors increase your risk of getting very sick from COVID-19. *Tick all that apply.*

### Age Group

- Under 30
- 30-49
- 50-64
- 65 or older

### Ethnicity

- Māori
- Pacific Peoples
- NZ European/Pākehā
- Asian
- Other

### COVID-19 Vaccination Status

I have had:

- No doses (unvaccinated)
- One dose (primary course)
- Two doses (primary course)
- One booster (now called the 'updated' COVID-19 vaccine)
- Two or more boosters (or 'updated' vaccines)

### Addiction

- I receive support for addiction

### Housing

- I am homeless or without permanent housing

### Disability

- I receive disability support
- I need ongoing care by family/whānau due to disability

Have you had a COVID-19 infection? Yes  No

If yes, when? \_\_\_\_\_

Date of your last COVID-19 vaccine \_\_\_\_\_

### Not sure of your vaccination status?

Visit My Health Record at [my.health.nz](https://my.health.nz) or ask your healthcare provider to check for you.

### Are you eligible for the updated COVID-19 vaccine?

Staying up-to-date with your COVID-19 vaccinations boosts your immunity against COVID-19. Scan to learn more and to check your eligibility.



## Snapshot of My Health

Some medical conditions increase your risk of getting very sick from COVID-19. *Tick all that apply.\**

- Weakened immune system (caused by some medicines or conditions)
- Down syndrome
- Sickle cell disease
- Chronic kidney disease
- Severe liver disease
- Chronic lung disease
- Chronic neurological or neuromuscular disease (including stroke)
- Diabetes
- Serious heart conditions
- Severe mental health conditions
- Overweight (BMI >35)
- High blood pressure that is not well controlled
- Active cancer
- Severe blood disorder
- Previous hospitalisation for COVID-19
- Other severe health condition

\*This list does not include all possible conditions that may put you at high risk of severe illness from COVID-19. If you have questions about a condition not included on this list or are not sure if your condition is severe or chronic, talk to your pharmacist, doctor or hauora provider.



## My medicines

List any medicines, vitamins and herbal supplements you take below, including those prescribed by your doctor and those you buy from the pharmacy, supermarket or health store.

### Do you have any allergies?

Yes  No

If yes, please list here:



### COVID-19 shopping list

Here's a list of items that may be useful to have at home if you or someone around you tests positive for COVID-19.

- |   |                                      |
|---|--------------------------------------|
| <input type="checkbox"/> Hand sanitiser | <input type="checkbox"/> Lozenges    |
| <input type="checkbox"/> Gloves         | <input type="checkbox"/> RAT tests   |
| <input type="checkbox"/> Face masks     | <input type="checkbox"/> Thermometer |
| <input type="checkbox"/> Pain relief    | <input type="checkbox"/> Nasal spray |



### Take this form to your next doctor's appointment

#### Ask if COVID-19 treatment is right for you

Your doctor will check if you are eligible for free<sup>†</sup> COVID-19 treatment (medicines known as 'antivirals') if you test positive for COVID-19. COVID-19 treatment is taken at home and could reduce your risk of going to hospital or even dying from COVID-19.

#### Ask about an advance prescription

If you're eligible, your doctor can write you an advance prescription for COVID-19 treatment. That way, if you test positive for COVID-19, your pharmacy will already have the prescription so you can start treatment without delay.

<sup>†</sup>COVID-19 treatments are free for people who meet the eligibility criteria set out by Health New Zealand, Te Whatu Ora. Regular doctor or pharmacy fees may apply.



### What to do if you think you have COVID-19

You will need to do a rapid antigen test (RAT) to confirm if you have COVID-19. You can buy RATs at pharmacies, or you can call your medical centre to see if they provide them. If you test positive, call your pharmacist or doctor right away for treatment options.

Pharmacy/medical practice name and phone number: \_\_\_\_\_

COVID-19 treatment works best if it's started as soon as possible after testing positive for COVID-19 and must be started within 5 days of your first symptoms.

It's important that you act fast at the first signs of COVID-19  
– don't wait to see if your symptoms get worse

Visit Know & Go  
for more information



The COVID-19 vaccine and antiviral medicine are both prescription medicines, not funded but provided free of charge to eligible patients; regular doctor/pharmacy fees may apply. All medicines have benefits and risks; use strictly as directed. Speak to your healthcare provider to see what is right for you, if symptoms continue or if you have side effects. Consumer Medicine Information is available at [medsafe.govt.nz](https://medsafe.govt.nz).