

# Novel Coronavirus (COVID-19)

## Information for people under investigation for COVID-19

### You are under investigation for novel coronavirus (COVID-19).

Your doctor has tested you for the virus, and you may be waiting on the results. Please follow your doctor's advice and [self-isolate](#) at home until you are advised of your results and the doctor's recommendations.

- It's important you maintain physical distance from anyone who lives with you in your household (at least two metres where possible), and it's vital to practise good [cough, sneeze](#) and [hand hygiene](#).
- Anyone who lives in your household or other close contacts who have not been tested for COVID-19 **do not** need to self-quarantine. If they start developing symptoms, they should immediately call Healthline (0800 358 5453) and tell them they are a household contact or close contact of someone under investigation for COVID-19.

**If you become more unwell or have difficulty breathing, please call an ambulance on 111 and tell them you are under investigation for COVID-19.**

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### If your test result is POSITIVE (you have COVID-19)

1. You will be contacted promptly, monitored and given further advice by Auckland Regional Public Health Service or Ngā Tai Ora - Public Health Northland.
2. **You must [self-isolate](#) at home (if you do not require hospital care) until 48 hours after your symptoms have stopped AND for at least ten days since your symptoms started. Public Health will let you know when you're cleared to leave self-isolation (you will still need to follow the guidelines of New Zealand's current Alert Level).**
3. Ask someone else to pick up essential supplies on your behalf to make sure you have everything you need (e.g. food, medicine). They must leave these at the door and not come inside. The person who collects your supplies **cannot** be someone who lives in your household with you.

## If your test result is **NEGATIVE**

If your test result is negative, you will need to select the option below that applies to you (either 1 or 2), and follow the advice. It's important to know that a negative test result doesn't automatically mean you can leave self-isolation.

1. If you were well when you had your swab (you were only tested as a precaution), you are still well AND you have not been a close contact of someone with COVID-19, then you can leave self-isolation.
2. If you were sick with COVID-19 symptoms or had/have been in close contact with someone with confirmed or suspected COVID-19, you may still need to remain in self-isolation – even if you feel well. Examples include people:
  - a. such as healthcare workers (in DHBs, rest homes, pharmacies, GP practices etc)
  - b. *without* symptoms but who have been a close contact of someone with COVID-19
  - c. *with* symptoms and who have been a close contact of someone with COVID-19
  - d. considered a 'probable case' by their doctor. People can be considered 'probable cases' when their symptoms and history indicate they are more likely to have COVID-19 than any other illness, even though their test result is negative.
  - e. who are patients in hospital
  - f. who have returned recently from overseas.

If you fall into one of the categories (a-f) under Option 2, please visit [Auckland Regional Public Health Service's Negative Test Result webpage](#) for tailored advice on what to do next.

### What does [self-isolation](#) mean?

This means staying at home in case you have COVID-19, so you don't spread it to other people. As much as possible, you should stay in a specific room, away from others in your home. Do not go to hospital for appointments or procedures unless you need urgent hospital care. Call the hospital to reschedule these.

Detailed advice about self-isolation, what it means and how to [self-isolate](#) effectively is available on [the Ministry of Health website](#). You can also call the free 24/7 Healthline number: **0800 358 5453** for health advice. Interpreters are available.