

CLOSE CONTACTS

You are a contact of a confirmed COVID-19 case **OR** were at the same place (Location of Interest) as that person and identified as high risk. This is what you need to do.

Isolate?

YES

Immediately self-isolate at home or isolate in a managed facility for at least 14 days.

Your 14 days starts the day after you were last near the person with COVID-19.

This means you cannot go to work or go out for exercise. Shop online or get family/friends to get food and medicines.

If you live with the person who has COVID-19, your self-isolation starts the day after that person leaves the household (e.g. goes to a managed facility) or recovers from COVID-19.

Sometimes Close Contacts are asked to move to a managed facility to isolate. This is to protect people they live with..

There is financial support for people who are required to isolate due to COVID-19.

Get tested?

Tests are free

YES

You will need to get a test straight away. You will then need to get another one on day 5 and another one on day 12 after you were near the person with COVID-19.

You will need to get at least three tests:

- **Straight away, and**
- **Five (5) days** after you were last near the person with COVID-19, **and**
- **Twelve (12) days** after you were last near to the person with COVID-19.

Sometimes extra tests are needed. For example, if you develop COVID-19 symptoms. Public Health will let you know when to get tested.

Positive test: You **do** have COVID-19 (Public Health will call you)

Even if your result is negative, you need to self-isolate until Public Health tells you that you can leave your home.

For testing centre information call Healthline (0800 358 5453) or visit healthpoint.co.nz/covid-19/

Watch for symptoms?

YES

For 14 days after you were last near the person with COVID-19.

COVID-19 symptoms can include one or more of the following: *New or worsening cough, fever, shortness of breath, sore throat, runny nose, temporary loss of smell/taste.*

Some people may also experience: *Diarrhoea, headache, muscle pain, nausea, confusion, irritability.*

Public Health will contact you regularly to check on your health and wellbeing. Tell them if you have symptoms.

If you get symptoms – even if you’ve already tested negative – you will need to:

- Have another test immediately, **and**
- Still complete your minimum 14-day self-isolation period – even if your test result is negative again.

Do the people you live with need to do anything?

YES

They need to stay home for at least 5 days.

All household* members will need to stay home until the person who went to a location of interest returns a negative day 5 test result.

This means the **entire household can't go out for any reason**. Before then, get friends or family to leave food or medicines at your door or shop online.

Household members don't need to get a test **unless** they develop symptoms or are asked to by health officials.

*If you are healthcare worker this may not apply. Please check with Healthline

Stay in self-isolation until you have been cleared to leave by Public Health.

Call Healthline if you get symptoms or need advice: Dial 0800 358 5453. If you have difficulty breathing, call an ambulance: Dial 111.