COVID-19: Advice for
Close Contacts

CLOSE CONTACTS have been in the same place (Location of Interest) at the same time as someone infectious with COVID-19. They have been close enough (within two metres) to the infectious person for long enough (15 minutes or more) to have potentially caught the virus. **Close Contacts are at high risk of catching COVID-19.**

What to do if you are a *CLOSE* Contact

Stay home?	Get tested? *Tests are free*	Watch for symptoms?	Do the people you live with need to do anything?
YES Immediately self-isolate at home, or in a quarantine hotel, for at least 14 days.	**YES** You will need to get a test **immediately** and on **Day 5** and **Day 12** after you were last exposed	**YES** For 14 days after you were last near the person with COVID-19.	**NO** **Unless you or they** develop symptoms.

The 14 days starts the day after you were exposed to the infectious person. If you live with the person who has COVID-19, your self-isolation starts the day after that person moves to the quarantine hotel. Public Health will talk with you about when to self-isolate, and when you can leave. Sometimes Close Contacts are asked to move to a quarantine hotel to self-isolate. This is to protect people they live with. There is financial support for people who are required to stay at home due to COVID-19.	You will need to get a **test immediately** and also • **Five days** and • **Twelve days** after you were *last* exposed to the infectious person. Sometimes extra tests are needed. For example, if you develop COVID-19 symptoms. Public Health will let you know when to get tested. Even if your result is negative, you need to stay at home until Public Health advises you can leave. For testing centre information, call Healthline (**0800 358 5453**) or visit www.arphs.health.nz/covid19test **Negative** test: You **don't** have COVID-19 (result by txt) **Positive** test: You **do** have COVID-19 (result by phone)	**COVID-19 symptoms can include one or more of the following:** *New or worsening cough, fever, shortness of breath, sore throat, sneezing and 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** • Complete your minimum 14-day self-isolation period - even if you return another negative result.	If **you** get symptoms: • The people you live with will need to stay home until **you** have another test that is also negative. • You will still need to complete your minimum 14-days of self-isolation, *even* if you test negative again. If the **people you live with** get symptoms, **they** will need to: • Get a test and stay home until they return a negative result, **AND** until 24 hours after their symptoms have completely stopped.

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Stay in self-isolation until you have been cleared to leave by Public Health and are completely well.
Call Healthline if you get symptoms or need advice: Dial 0800 358 5453. Call an ambulance if you have difficulty breathing: Dial 111.
www.health.govt.nz/covid-19 | www.arphs.health.nz | www.covid19.govt.nz | www.preparepacific.nz