

YOU HAVE SYMPTOMS OF COVID-19 AND ARE A BORDER WORKER (OR OTHER HIGH RISK PERSON)

You have symptoms of COVID-19. You must now **get tested and stay home until 24 hours after your symptoms resolve.**

HIS CRITERIA – FOR BORDER WORKERS OR THOSE WHO HAVE TRAVELLED

HIS (higher index of suspicion) criteria identify people who are at higher risk of having COVID-19.

You meet HIS criteria if in the last 14 days any of the following apply to you:

- Had direct contact with international travellers, e.g. if you work at the border, or in a managed isolation or quarantine facility
- Worked on an international aircraft or ship
- Cleaned at an international airport or maritime port in areas visited by international arrivals
- Travelled internationally
- Exited an MIQ facility (excluding recovered cases)
- Had contact with a confirmed or probable case
- Or any other criteria required by the local Medical Officer of Health



TESTING

- If you meet the HIS criteria and have symptoms of COVID-19, you must **get tested immediately**
- You must **self-isolate until you get a negative test result**
- Tests are free, even if you are not a NZ citizen or resident
- You can get a COVID-19 test from your family doctor, urgent care centre or community testing centre. Find your nearest testing centre [here](#).
- You may be required to have more than one test



SELF-ISOLATION

You must [self-isolate](#) until you get a negative test result. This means:

- Stay home and away from work
- Try to stay away from others in your household
- Where possible, stay in a separate part of the house
- Do not leave the house, unless you are getting tested
- You are allowed to go for short walks alone in your local neighbourhood, but please wear a mask and keep a diary of where you go

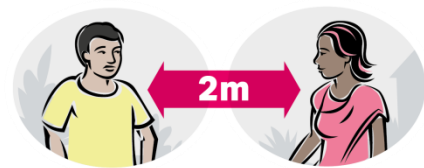
HOUSEHOLD MEMBERS

- Your household members **do not need to self-isolate unless they feel unwell**
- They can go about their lives as normal, including going to work
- If they develop symptoms, they should ring Healthline (0800 358 5453) and arrange to get tested



IF YOUR FIRST TEST IS NEGATIVE

- If your first test is negative, you must **stay away from work until 24 hours after your symptoms go away**
- Once you have had a negative test, if you do not have high any risk symptoms and you have had no symptoms for 24 hours, you can stop self-isolation and go back to work



IF YOU HAVE ANY HIGH-RISK SYMPTOMS, EVEN AFTER A NEGATIVE TEST

If you continue to have, or develop, any high-risk symptoms, you must **get tested again and remain in self-isolation**, even if you have had a negative first test

- High risk symptoms include:
 - Shortness of breath
 - Loss of sense of smell
 - Lost or altered sense of taste
 - Hospitalisation



Some people may also experience less typical symptoms such as:

- Diarrhoea
 - Headache
 - Muscle pain
 - Nausea
 - Vomiting
 - Confusion
 - Irritability
- You should also **contact Auckland Regional Public Health Service (ARPHS) on 09 623 4600**
 - If your second test is negative, you must **stay away from work until 24 hours after your symptoms go away**
 - Once you have had no symptoms for 24 hours, you can go back to work



- **If you work at a Managed Isolation Facility or at Jet Park, you must continue to have your regular surveillance swabs**

FOR MORE INFORMATION

- Contact Auckland Regional Public Health Service (ARPHS) on 09 623 4600
- For medical concerns, phone Healthline (a 24/7 service with interpreters available) on 0800 358 5453
- In an emergency, phone an ambulance on 111, and tell them you are a symptomatic HIS person.