

## COVID-19 Testing: Information for People Who Do Not Have COVID-19 Symptoms

<p><b>Why would I be tested if I don't have symptoms?</b></p>	<p>Testing selected groups of <b>people who do not have COVID-19 symptoms</b> helps us understand if there is any COVID-19 that we don't know about in our communities.</p> <p>There are a number of groups of people living in our communities who are being offered or required to be tested when they do not have COVID-19 symptoms:</p> <ul style="list-style-type: none"> <li>• People who work at New Zealand's international border (e.g. crew, airport or maritime workers);</li> <li>• Government or hotel staff in Managed Isolation and Quarantine Facilities;</li> <li>• Health, aged care and social service workers;</li> <li>• People who are asked to be tested as part of public health investigating a COVID-19 case or cluster of cases;</li> <li>• Sometimes other groups of people may be offered or requested to be tested by a Medical Officer of Health or the Ministry of Health.</li> </ul>
<p><b>What should I do if I have symptoms?</b></p>	<ul style="list-style-type: none"> <li>• Symptoms of COVID-19 include: cough, sore throat, shortness of breath, runny nose, loss of sense of smell, fever.</li> <li>• <b>If you have any of these symptoms or have been in close contact with someone with COVID-19, please tell the person who is arranging your test.</b></li> </ul>
<p><b>What happens if I agree to be tested for COVID-19 today?</b></p>	<ul style="list-style-type: none"> <li>• You will be asked to fill out a form or answer questions including your contact details, your living circumstances, and, if you are employed, about your role in your workplace.</li> <li>• A swab will be taken from the back of your nose or throat; this can be a bit uncomfortable.</li> <li>• <b>Results are usually back within 1-3 days.</b></li> <li>• If you have not received notification of your result after 5 days, please contact your GP or primary care provider.</li> </ul>
<p><b>Do I need to be in isolation while I wait for my results?</b></p>	<ul style="list-style-type: none"> <li>• <b>You will be advised if you need to self-isolate</b> while waiting for your test results. This depends on a number of things, including whether you have been told by public health that you are a close contact of someone who has COVID-19.</li> </ul> <p><b>[Provider please tick appropriate option:]</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> You need to self-isolate – please follow the instructions you have been given</li> <li><input type="checkbox"/> You don't need to self-isolate (but you need to stay home if you are unwell)</li> </ul>
<p><b>What do I do if I start to feel unwell while waiting for my results?</b></p>	<ul style="list-style-type: none"> <li>• If you develop any symptoms of COVID-19 <b>you must stay home</b>, or at the place you are currently staying, in self-isolation. If you are employed, let your manager know.</li> <li>• If you feel worse, you should phone your GP or ring <b>the COVID-19 Healthline on 0800 358 5453</b>. Healthline is a free 24/7 service with interpreters available. It is important to let them know you have already been tested for COVID-19.</li> <li>• <b>Call 111 for an ambulance</b> if you develop difficulty breathing, are severely unwell or it is an emergency.</li> </ul>

<p><b>What happens next if my test is positive?</b></p>	<ul style="list-style-type: none"> <li>• Auckland Regional Public Health Service (ARPHS) will call you to let you know.</li> <li>• The Public Health Service will talk with you more about what this means for you, including confirming <b>how long you will need to stay in isolation</b>; you will need to stay in isolation for at least 10 days from the date of your test. You will be able to leave isolation when Public Health is confident that you are no longer infectious.</li> <li>• Public Health will discuss <b>isolation arrangements</b> for you and your household contacts (usually your family). You will be required to isolate in a managed facility unless other suitable arrangements are approved by the Medical Officer of Health. You will be supported to access any extra help you need.</li> <li>• Public Health will ask you about all the <b>people you have had contact with</b> recently and some of those people will be asked to stay at home (in self-isolation) in case they become unwell too. Their self-isolation will be for 14 days from the last day you spent time with them.</li> <li>• All close contacts will be required to be tested and to isolate. The Public Health Service will work together with you and your household to decide <b>where the most suitable place is for your household close contacts to isolate</b>.</li> </ul>
<p><b>What happens if my test is negative?</b></p>	<ul style="list-style-type: none"> <li>• You should be notified via <b>text message or a phone call</b>. The message will direct you to a link for further instructions.</li> <li>• <b>Some people who have a negative result may need to be in self-isolation, for a variety of reasons.</b> ARPHS' website explains this. E.g. <u>if you have been told by public health you are a close contact of someone with COVID-19 you must stay in self-isolation until you have completed 14 days of self-isolation, even if your test is negative.</u> This is 14 days from your last contact with the person confirmed as having COVID-19. You may also be asked to have further COVID-19 testing.</li> <li>• Having a negative test means that COVID-19 was not detected at the time you were tested. A negative test does not mean you won't develop COVID-19 in the future. If you become unwell with the symptoms that could be COVID-19, you may be advised to get tested again depending on your symptoms and your circumstances.</li> </ul>
<p><b>What happens to the information collected about me?</b></p>	<ul style="list-style-type: none"> <li>• Your information will be shared with those who are monitoring and managing COVID-19 in our community. This may include your GP, healthcare organisations such as Public Health, the Ministry of Health, your employer and your whānau. This is to help activities such as contact tracing to help stop the spread of COVID-19.</li> <li>• We will only use and disclose your personal information if that is permitted by law. You have the right to access and correct information held about you.</li> </ul>
<p><b>Where can I go for more advice?</b></p>	<ul style="list-style-type: none"> <li>• For COVID-19 health advice and information, call the COVID-19 Healthline 0800 358 5453.</li> <li>• For other health advice call Healthline on 0800 611 116. Healthline operates 24/7 and interpreters are available.  Note, Healthline will NOT be able to access your results.</li> <li>• You can get more information from your GP or Auckland Regional Public Health Service: <a href="http://www.arphs.health.nz">www.arphs.health.nz</a>.</li> </ul>