

COVID-19: Advice for Close Plus Contacts

CLOSE PLUS CONTACTS have been in the same place ([Location of Interest](#)) at the same time as someone infectious with COVID-19. Like Close Contacts, 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. But because of how they were exposed to the virus, Public Health considers them at higher risk of becoming infected than a Close Contact. **Close Plus Contacts are at most risk of having caught COVID-19.**

What to do if you are a **CLOSE PLUS** Contact

Stay home?	Get tested? <i>Tests are free</i>	Watch for symptoms?	Do the people you live with need to do anything?
<p>YES</p> <p>You must immediately self-isolate at home, or a quarantine hotel, for at least 14 days.</p>	<p>YES</p> <p>You will need a Day 5 and a Day 12 test. You may also need one straight away.</p>	<p>YES</p> <p>For 14 days after you were last near the person with COVID-19.</p>	<p>YES</p> <p>They must stay at home until YOU return a negative Day 5 test result and Public Health clears them to leave.</p>
<p>The 14 days starts the day after you were exposed to the infectious person.</p> <p>If you live with the person who has COVID-19, your self-isolation starts the day after that person moves to the quarantine hotel.</p> <p>Public Health will talk with you about how long to self-isolate for, and when you can leave. Sometimes Close Plus Contacts are asked to move to a quarantine hotel to self-isolate. This is to protect the people they live with.</p> <p>There is financial support for people who are required to stay at home due to COVID-19.</p>	<p>You will need to get a test:</p> <ul style="list-style-type: none"> • Five days after you were <i>first</i> exposed to the infectious person, and • Twelve days after you were <i>last</i> exposed to the infectious person. <p>Sometimes extra tests are needed. For example, if you develop COVID-19 symptoms. Public Health will let you know when to get tested.</p> <p>Even if your result is negative, you need to stay at home until Public Health advises you can leave.</p> <hr/> <p>For testing centre information call Healthline (0800 358 5453) or visit www.arphs.health.nz/covid19test</p> <p>Negative test: You don't have COVID-19 (result by txt) Positive test: You do have COVID-19 (result by phone)</p>	<p>COVID-19 symptoms can include one or more of the following: <i>New or worsening cough, fever, shortness of breath, sore throat, sneezing and runny nose, temporary loss of smell/taste.</i></p> <p>Some people may also experience: <i>Diarrhoea, headache, muscle pain, nausea, confusion, irritability.</i></p> <hr/> <p>Public Health will contact you regularly to check on your health and wellbeing. Tell them if you have symptoms.</p> <p>If you get symptoms - even if you've already tested negative - you will need to:</p> <ul style="list-style-type: none"> • Have another test immediately, AND • Still complete your minimum 14-day self-isolation period - even if you return another negative result. 	<p>Plus:</p> <ul style="list-style-type: none"> • If you get symptoms, the people you live with will need to stay at home until you have another test that is also negative. <p>Even if your extra test is negative, you will still need to finish your minimum 14-day self-isolation period.</p> <p>If the people you live with get symptoms, they will need to:</p> <ul style="list-style-type: none"> • Get a test and stay at home until they have returned a negative result, AND • Until 24 hours after their symptoms have completely stopped.

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