



You have recovered from COVID-19

Frequently Asked Questions for Pacific People

Thank you for staying in isolation to keep your family and community safe.

Your stay in the quarantine facility is coming to an end. It is time to get ready to return to your usual home or accommodation.

This is information you need to know for when you leave the quarantine facility. You may like to share this with your household, family and whānau, or the place where you work.

Leaving isolation

When can I leave the quarantine facility?

You will need to stay at the quarantine facility for **at least ten days** from when your symptoms started. If you still have symptoms after ten days, you must stay **until 72 hours (3 days) after your symptoms have stopped**.

Do I need to be tested for COVID-19 before I go home?

You do not need a test before you go home.

People who have had COVID-19 can continue to test positive for several weeks after they were infected. This is because pieces of virus stay in your body long after you have recovered from COVID-19.

If you have had no symptoms for 3 days (and it's been 10 days since you were first sick) you are now recovered.

You can resume your normal life- without a negative test result - as long as you have a clearance letter from Public Health.

Am I still infectious when I leave the quarantine facility?

When you receive a clearance letter from Public Health you are safe to leave the quarantine facility.

You have recovered from COVID-19. You are not infectious - this means you cannot spread the virus to people in your household or where you work.

What do I need from Public Health so I can leave the quarantine facility?

If you do not have any concerning symptoms, Public Health will provide a letter clearing you to leave the quarantine facility.

What happens to my support person or my children if they are in the quarantine facility with me?

Your support person may need to stay at quarantine facility until their 14 days' isolation period is complete after you go home. Public Health will discuss the arrangements for any children who are with you before you leave the quarantine facility.

What sort of follow-up will there be with me after I go home?

You have been cleared to go home and there is no immediate need for follow-up. However, you might like to see your GP for a check-up a week after leaving the quarantine facility.

If you have any concerns, or become unwell again, please talk to your GP or medical centre, or you can ring Healthline on 0800 358 5453.



Who do I call if I need support when I go home?

- If you need financial support, talk to Work and Income, or go to the [Work and Income website](#)
- If you are Pasifika and require further help for welfare or social needs, contact your Navigator or text/call Pasifika Futures on 021 809196.

How do I arrange travel back to my home or usual accommodation?

Staff at the quarantine facility will talk to you about a time when you will be able to leave and how you can travel home. You can be picked up by family members who aren't required to self-isolate as you are no longer considered infectious. It may take a few hours for the departure paperwork to be completed so please be patient.

Please take all your personal belongings with you, such as clothes, toiletries, medication, phone and charger and any things you used for entertainment (eg, books, toys if you have had children with you).

Do I need to clean my room before I leave?

Please leave the room like you found it. Put rubbish in the bin in your room. The staff at the facility will do a deep clean of the room after you leave.

When you go home

When I return home, do I need to do any special cleaning?

No special cleaning is required, above what you or your household members would normally do.

Am I safe to go to work?

You can tell your employer and work colleagues you are fully recovered and that you cannot spread the virus – it is safe for you to return to work. You may want to show your employer the clearance letter you were given by Public Health.

Can I go back to my normal routine and activities?

You are fully recovered and no longer infectious so it is safe for you to return to your normal routine and activities. Remember to practise good hygiene, use the NZ COVID tracer app and contact Healthline on 0800 358 5453 if you have any concerns in future.

Is my family safe if I return to them at home?

Yes. If you have a clearance letter from Public Health it is safe for you to return to your family or whānau. You are no longer infectious and you will not be putting them at risk by returning home.

Is my family free to go about normal routine and activities?

If your household members were asked to stay home because they were close contacts, they need to complete the 14 days of self-isolation that started when you left to go into the facility. They will also need to have at least two negative COVID-19 tests, and have no symptoms before they can be cleared to return to normal routines.

Is it safe for me to return home if some of my family or whānau members are still required to self-isolate?

Yes, it is safe for you to return home from the quarantine facility to your household even if some family members are self-isolating there. Because you have been cleared by Public Health to leave the quarantine facility, you can resume your normal life. However, any family or whānau members still self-isolating must continue to do so until they have completed their 14 days of self-isolation, have had at least two tests and have no symptoms before they can be cleared to resume their normal life.

Can I catch COVID-19 again?

We are still learning about the virus that causes COVID-19, but what we know is that some people can get the virus again, as is common with other viruses.



But being fully vaccinated can help prevent this.

Studies show that about 95% of people who have received both doses of the Pfizer vaccine are protected against getting COVID-19 symptoms. When you're fully vaccinated, you are far less likely to fall seriously ill or spread the virus to others.

What do I do if become unwell after I go home?

People who have recovered from COVID-19 sometimes struggle to return to their pre-COVID-19 health. Many experience some lingering symptoms. Sometimes people have fatigue (feel tired), difficulty breathing, body aches, or other physical effects for weeks or even months after recovery.

If you are concerned, **or become unwell again**, please seek medical care. You may feel sad, distressed, worried, confused, anxious or angry. These feelings are normal. You have been through a lot - getting COVID-19 and staying in a quarantine facility. Please seek support.

Call your usual GP or healthcare provider. You can also call Healthline on 0800 358 5453, and if it is an emergency, call 111.

If I get sick, will I need to go back to the quarantine facility?

It is highly unlikely you will get the virus again, but a few people have had COVID-19 again after some months.

If you have any COVID-19 symptoms in the future, it is important to get tested. If you return a positive result that is not deemed to be historical, you would be required to go to a quarantine facility.

The best protection against getting COVID-19 again is to be fully vaccinated.

Vaccination

Even though you've just recovered from COVID-19, you should still get vaccinated. The COVID-19 vaccination is your best protection against the virus.

Why is it important to get vaccinated if I've already had COVID-19?

Some people can get COVID-19 again, but being fully vaccinated can help prevent this.

Studies show that about 95% of people who have received both doses of the vaccine are protected against getting COVID-19 symptoms. When you're fully vaccinated, you are far less likely to fall seriously ill or spread the virus to others.

I haven't had a COVID-19 vaccine yet? When should I get it?

You should get your first vaccination four (4) weeks from the date you left quarantine, and the second vaccination six (6) weeks after the date of your first vaccination.



What if I had already had one (1) dose of the vaccine before I got COVID-19?

You should get your second vaccination four (4) weeks from the date you left quarantine.

What if I had two (2) doses of the vaccine before I got COVID-19?

If you've already had two (2) doses of COVID-19 vaccine you don't need another at this time.

How can I book a vaccination?

- Visit <https://bookmyvaccine.covid19.health.nz/> or call the COVID Vaccination Healthline number: 0800 28 29 26. This number operates from 8am-8pm every day.
- Talk to your GP or local health provider about getting vaccinated

- More information on booking a vaccination: <https://covid19.govt.nz/covid-19-vaccines/how-to-get-a-covid-19-vaccination/book-your-covid-19-vaccination/>

Where can I go if I want more information?

Information is also available here: <https://covid.immune.org.nz/faq/if-you-had-virus-and-recovered-will-you-still-be-able-or-need-get-vaccine>.

Is there anything special I need to do because I have had COVID-19?

If you haven't already done so, please get vaccinated, and always follow the Alert Level rules:

- Stay at home if you are sick
- Keep a track of where you have been – use the NZ COVID tracer app
- Wear a face covering
- Wash your hands
- Cough or sneeze into your elbow
- Clean surfaces
- Maintain physical distancing.



There is more information on the [Unite against COVID-19](#) website.