

# COVID-19: Advice for Casual Contacts

**CASUAL CONTACTS** are people who have been in the same place ([Location of Interest](#)) at the same time as someone infectious with COVID-19. However, they have not been close enough (within two metres) to the infectious person, or near them for long enough (15 minutes or more), to be at high risk. **Casual Contacts are at low risk of getting sick with COVID-19.** Information and advice for Casual Contacts is listed on the Ministry of Health's [Locations of Interest](#) page, and may be publicised through the media, or via NZ COVID Tracer App alerts.

## What to do if you are a **CASUAL** Contact

Stay home and get a test? <i>Tests are free</i>	Watch for symptoms?	Do the people you live with need to do anything?
<b>NO</b>	<b>YES</b>	<b>NO</b>
<p><b>Unless</b> you develop symptoms. If that happens:</p>	<p>For 14 days after you were last near the person with COVID-19.</p>	<p><b>Unless they OR you</b> develop symptoms. If that happens:</p>
<p>Get a test and stay at home:</p> <ul style="list-style-type: none"> <li>• Until you get a negative result <b>AND</b></li> <li>• Until 24 hours after your symptoms have completely stopped.</li> <li>• Stay separate from others in your house as much as possible.</li> </ul> <hr/> <p><b>Negative test:</b> You <b>don't</b> have COVID-19 (result by txt)  <b>Positive test:</b> You <b>do</b> have COVID-19 (result by phone)</p>	<p><b>If you do get symptoms:</b></p> <ul style="list-style-type: none"> <li>• Stay home</li> <li>• Call Healthline (0800 358 5453)</li> <li>• Get tested</li> </ul> <p><b>COVID-19 symptoms can include one or more of the following:</b> <i>New or worsening cough, fever, shortness of breath, sore throat, sneezing and runny nose, temporary loss of smell/taste.</i></p> <p><b>Some people may also experience:</b> <i>Diarrhoea, headache, muscle pain, nausea, confusion, irritability.</i></p>	<p>Whoever has symptoms will need to get a test and stay at home until:</p> <ul style="list-style-type: none"> <li>• They get a negative result <b>AND</b></li> <li>• 24 hours after their/you symptoms have completely stopped</li> </ul> <p>The person with symptoms should stay separate from others they live with as much as possible.</p>

**Stay at home if you develop symptoms. Stay at home until you have received a negative test result. Stay at home unless 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](http://www.health.govt.nz/covid-19) | [www.arphs.health.nz](http://www.arphs.health.nz) | [www.covid19.govt.nz](http://www.covid19.govt.nz) | [www.preparepacific.nz](http://www.preparepacific.nz)