

COVID-19: Advice for Casual Plus Contacts

CASUAL PLUS CONTACTS have been in the same place ([Location of Interest](#)) at the same time as someone infectious with COVID-19. 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. But they *are* considered at higher risk than a Casual Contact. **Casual Plus Contacts are still at lower risk than Close Contacts.** Information and advice for Casual Plus Contacts is on the Ministry of Health's [Locations of Interest](#) page, and may be publicised through the media, and via NZ COVID Tracer app alerts. Sometimes Public Health - or the Location of Interest where you were exposed - may contact you directly.

What to do if you are a **CASUAL PLUS** 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?
<p style="text-align: center;">YES</p> <p>Stay at home until you have had a Day 5 test AND returned a negative result.</p>	<p style="text-align: center;">YES</p> <p>For 14 days after you were last near the person with COVID-19.</p>	<p style="text-align: center;">NO</p> <p>Unless they or you develop symptoms. If that happens:</p>
<p>This means you should be tested five days after the day you were last exposed to the infectious person. Or as soon as possible, if five days has already passed. Stay at home until you get a negative result and separate from others in your house as much as possible.</p> <p>There is financial support for people who are required to stay at home due to COVID-19.</p> <hr/> <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>If you develop symptoms - even if you've already tested negative before - immediately get tested again and stay at home, separate from others in your house as much as possible, until:</p> <ul style="list-style-type: none"> You return a negative result, AND 24 hours after your symptoms have completely stopped. 	<p>Whoever has symptoms will need to get a test and stay at home (separate from others if possible), until:</p> <ul style="list-style-type: none"> They/you get a negative result, AND Until 24 hours after their/your symptoms have completely stopped.

Stay at home until you have received a negative test result. Stay at home if you develop symptoms. 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 | www.arphs.health.nz | www.covid19.govt.nz | www.preparepacific.nz