

COVID-19: Advice for Close Contacts

CLOSE CONTACTS have been in the same place ([Location of Interest](#)) at the same time as someone infectious with COVID-19. 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. **Close Contacts are at high risk of catching COVID-19.**

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

Stay home?	Get tested? <i>Tests are free</i>	Watch for symptoms?	Do the people you live with need to do anything?
YES	YES	YES	NO
<p>Immediately self-isolate at home, or in a quarantine hotel, for at least 14 days.</p>	<p>You will need a Day 5 and Day 12 test. You may also need one straight away.</p>	<p>For 14 days after you were last near the person with COVID-19.</p>	<p>Unless you or they develop symptoms.</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 when to self-isolate, and when you can leave.</p> <p>Sometimes Close Contacts are asked to move to a quarantine hotel to self-isolate. This is to protect 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 Complete your minimum 14-day self-isolation period - even if you return another negative result. 	<p>If you get symptoms:</p> <ul style="list-style-type: none"> The people you live with will need to stay home until you have another test that is also negative. You will still need to complete your minimum 14-days of self-isolation, <i>even</i> if you test negative again. <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 home until they return 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