

# Your COVID-19 Test

## 1 What happens now?

- You will be asked to provide some basic information including your contact details, your living and working situations, your usual healthcare provider and any symptoms you might have.
- A swab will be taken from the back of your nose or throat; this can be a bit uncomfortable.

## 2 What happens next?

- Results can take 1-3 days so please be patient. If you have not received notification of your result after 5 days, please contact your GP or primary care provider.
- You may be asked to self-isolate at home until you receive your test result (see below/next page).
- If you are asked to self-isolate, please go straight home. Do not go anywhere else (e.g. pharmacy, or supermarket).
- If you have been contacted by public health, please follow their instructions.

## 3 Can I go out and about?

To find out if you need to stay at home or self-isolate, **please see next page.**

Please note that **stay at home**, and **self-isolate** are different.

- **Staying at home** means staying within your home or residence. If you have symptoms, stay away from household members if possible. Do not go to work or school and do not have any visitors in your home. For further advice on staying at home please visit the [MoH website](#)<sup>#</sup>
- **Self-isolation** means completely isolating away from other members of your household (eg, no physical contact, minimise time in shared spaces, and do not share items such as cutlery and linen), while you remain in your own home. For further advice please visit the [MoH website](#)<sup>^</sup>



## What if I test negative?

- You should be notified via text message or a phone call. The message will direct you to a link for further instructions.
- Some people who have a negative result may still need to stay in self-isolation for a longer period of time, or have more tests. For example: if you have been told by public health you are a close contact of someone with COVID-19. (see next page).
- If in the future you become unwell again with symptoms that could be COVID-19, you should be tested again.



## What if I test positive?

- Auckland Regional Public Health Service will call you to let you know.
- They will talk with you about what this means for you, including how long you will need to stay in isolation.
- They will discuss isolation arrangements. You will be required to isolate in a managed facility unless other suitable arrangements are approved. You will be given the support you need to manage this.
- They will talk with you about your recent movements to identify places you have been and people you may have come in contact with.
- Your household contacts and all close contacts will be required to be tested and to isolate for at least 14 days from the last day you spent time with them. Public health will help to organise this.



## Support and more information

- If you feel worse, you should phone your GP, the COVID-19 Healthline, or in an emergency dial 111. Let them know you have already been tested for COVID-19.
- For COVID-19 health advice and information, call the free **COVID-19 Healthline 0800 358 5453** (interpretation services are available on this number). **Healthline will NOT be able to access your results.**
- You can get more information from **Auckland Regional Public Health Service** ([arphs.health.nz/COVID-19](http://arphs.health.nz/COVID-19)).
- For updates and more information on keeping yourself and your whānau safe, visit [Covid19.govt.nz](http://Covid19.govt.nz)

**Privacy** Your information will be shared with those managing and monitoring COVID-19 in our community. This may include your GP, Public Health, the Ministry of Health, your employer and your whānau. This is to help activities such as contact tracing. We will only use and disclose your personal information as permitted by law. You have the right to access and correct your information.

# Testing and Isolation instructions

## – what's right for you?

For specific isolation advice, please see the table below and choose which option best describes your situation.

**Note:** if there is an outbreak, or if your situation changes (for example, if you develop symptoms later) this may change the testing and isolation advice you need to follow. If you are contacted by Public Health or MoH please follow their instructions. Call Healthline for advice if you are not sure. If you are a contact of a case but not sure which category applies to you, please see the [Ministry of Health location of interests\\*](#), or call Healthline.

### COVID-19 Symptoms

Symptoms that could be COVID-19 are: new or worsening cough, fever, shortness of breath, sore throat, runny nose, loss of sense of smell or altered sense of taste. Less common symptoms are diarrhoea, headache, muscle aches, nausea/vomiting, or confusion. These symptoms can also be caused by other viruses, like influenza (flu).

Please choose which of these best describes you	I do not have symptoms that could be COVID-19	I have symptoms that could be COVID-19
<p><b>Close Contact of a person who has COVID-19</b></p> <p>You are at higher risk of being exposed to the virus because you live or work closely with this person.</p>	<p>You need to be tested. You will need to <b>self-isolate</b> for 14 days following your last contact with this person. Public Health will be in close communication with you.</p>	<p>You need to be tested immediately – Public Health will advise you on any further steps. You will need to continue to <b>self-isolate</b>. Public Health will be in close communication with you.</p>
<p><b>Casual Plus Contact of a person who has COVID-19</b></p> <p>You have been in the same place at the same time as a person who has COVID-19.</p>	<p>You need to <b>stay at home</b> until you have a negative day 5 test back. Or you should follow the instructions of Public Health.</p>	<p>You need to <b>stay at home</b> until this test is negative, and you have a negative day 5 test result, AND until 24 hours after your symptoms stopped.</p>
<p><b>Casual Contact of a person who has COVID-19</b></p> <p>You have been in the same place at the same time as a person with COVID-19 but exposure is unlikely.</p>	<p>You don't need to be tested, but watch for symptoms for the next 14 days. If you do wish to be tested, you don't need to isolate while you are waiting for your result.</p>	<p>You need to be tested, <b>stay at home</b> until you receive a negative result and for 24hrs after your symptoms have stopped.</p>
<p><b>Within the last 14 days I have:</b></p> <ul style="list-style-type: none"> <li>Returned from a non-quarantine free country.</li> <li>Exited a managed isolation facility.</li> <li>** Had direct contact with a person who has entered NZ from a non-quarantine free country, in the preceding 14 days. <i>Eg customs &amp; immigration staff, staff at a managed isolation facility.</i></li> <li>** Worked on an international aircraft or shipping vessel.</li> <li>** Cleaned at an international airport or shipping vessel in areas visited by international arrivals.</li> <li>** Worked in a cold store facility that receives imported goods directly from an international airport or port.</li> </ul>	<p>You don't need to isolate while you are waiting for your result unless you have returned from a non-quarantine free country within the last 14 days, or you are a contact of a case. Watch for symptoms and get tested if you become unwell.</p>	<p>You need to be tested. You should <b>self-isolate</b> while you are waiting for your test result and for 24hrs after your symptoms have stopped. Or you should follow the instructions of Public Health.</p> <p>If you have returned from a non-quarantine free country within the last 14 days you will need to remain in isolation for a minimum of 14 days from your day of arrival.</p> <p>** Please discuss when you are fit to return to work with your GP or your employer/health and safety staff.</p>
<p><b>Healthcare, aged care or social worker</b></p>	<p>You don't need to isolate while you are waiting for your result unless you are also a contact of a case.</p>	<p>You need to be tested and in general, you should <b>stay at home</b> until you have a negative test result and until 24hrs after your symptoms have stopped. Please discuss when you are fit to return to work with your GP or your employer/health and safety staff.</p>
<p><b>None of the above – I am a member of the general public</b></p>	<p>You don't need to be tested. If you do wish to be tested you don't need to isolate while you're waiting for your result.</p>	<p>You need to be tested, and you should <b>stay at home</b> until you receive a negative result and for 24hrs after your symptoms have stopped.</p>

\* <https://www.health.govt.nz/our-work/diseases-and-conditions/COVID-19-novel-coronavirus/COVID-19-health-advice-public/contact-tracing-COVID-19/COVID-19-contact-tracing-locations-interest>

# <https://www.health.govt.nz/our-work/diseases-and-conditions/COVID-19-novel-coronavirus/COVID-19-health-advice-public/COVID-19-staying-home>

^ <https://www.health.govt.nz/our-work/diseases-and-conditions/COVID-19-novel-coronavirus/COVID-19-health-advice-public/COVID-19-self-isolation-managed-isolation-quarantine>