



## Auckland Regional Public Health Service

Ratonga Hauora-ā-Iwi o Tāmaki Makaurau



23 August 2021

Dear Parent, Caregiver, Staff Member,

### COVID-19 at Green Bay High School

A Green Bay High School student has been confirmed as having COVID-19. All staff and students of the college are considered close contacts and must stay in self-isolation at home for 14 days.

The student was infectious when at school on the week ending 17<sup>th</sup> of August.

#### What does 'close contact' mean?

You may have been near the person with COVID-19 for enough time to put you at greater risk of catching the illness. It's important to now watch for symptoms (see below), and to stay at home as a precaution.

#### What should you do now?

##### 1. You must self-isolate

- Aside from visiting a testing facility, you will need to stay at home and self-isolate for 14 days from the day you were LAST exposed to the case. Information about how to self-isolate is available [here](#).
- It is important to watch for symptoms of COVID-19 (see below) while in self-isolation.
- Any household members you live with **will also need to self-isolate until you return a negative first test result** (see below).

##### 2. Get a test

If you were at school on the week ending 17 August, you will need to get tested:

- **Immediately, and**
- **On Sunday 29 August (Day 12 test)**

*If your test results are negative, you can leave self-isolation at the start of Wednesday 1 September (but must still adhere to the National Alert Level).*

**The test is free. Please give the following code to the testing staff when you visit: SURV-TM18SC13. Find your nearest testing centre [here](#).**

##### 3. Watch for symptoms

Keep watching for the symptoms during your 14-day self-isolation. If you get symptoms, you must have another test immediately and still complete your 14-day isolation – even if your test result is negative.

The symptoms of COVID-19 can include one or more of the following:

- sneezing and runny nose
- a new or worsening cough
- sore throat
- a fever of at least 38°C
- shortness of breath
- temporary loss of smell or altered sense of taste
- diarrhoea
- headache
- muscle pain or body aches
- nausea and vomiting.

### **What if I am vaccinated?**

Even if you are vaccinated, you must stay in self-isolation for 14 days. This is because no vaccine is 100 per cent effective. You may still get ill, or pass the virus to others, if you are developing COVID-19.

Finally, if you know the identity of the person with COVID-19, please do not disclose their names or details to anyone else, including sharing information on social media. This can lead to on-line bullying and abuse.

We will update you if there are any changes to the above advice.

**For more information:** call Healthline: 0800 358 5453 (a free, 24/7 service with interpreters available). You can also visit [www.arphs.health.nz](http://www.arphs.health.nz) or [www.covid19.govt.nz](http://www.covid19.govt.nz).

Thank you for your support.

Yours sincerely

Medical Officer of Health

**Auckland Regional Public Health Service**