



26 August 2021

Mālō e lelei, Talofa lava, Kia orana, Malo ni, Fakaalofa lahi atu, Ni sa bula vinaka, Fakatalofa atu, Kam na mauri, tēnā koutou and warm Pacific greetings

COVID-19 at Pacific Advance Secondary School

A Pacific Advance Secondary School student has been confirmed as having COVID-19. All staff and students are now considered close contacts and must stay in self-isolation for 14 days (starting from 17 August). Anyone who visited the school while the case was there is also considered a close contact.

The student was infectious when last at school on Tuesday, August 17.

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 **until the end of Tuesday 31 August**. Information about how to self-isolate is available [here](#) or [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). They also **cannot** go out to get a COVID-19 vaccine until you have tested negative.
- If you are unvaccinated, you **CANNOT** go for your COVID-19 vaccine until you have been released from self-isolation **and** have returned all negative test results.

2. Get a test

If you were at the school during school hours on Tuesday 17 August, you will need to get tested:

- **Immediately**

If your test results are negative, you can leave self-isolation at the end of Tuesday 31 August (but must still adhere to the National Alert Level – currently Level 4).

The test is free. Please give the following code to the testing staff when you visit: SURV-TM18SC14. Find your nearest testing centre [here](#).

3. Watch for symptoms

Keep watching for the symptoms during your self-isolation period. If you get symptoms, you must have another test immediately and still complete your self-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 until the date given above. 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 or www.covid19.govt.nz.

Thank you for your support.

Yours sincerely

Medical Officer of Health

Auckland Regional Public Health Service