



21 August 2021

Dear Parent, Caregiver, Staff Member,

## COVID-19 at Pukekohe High School

A Pukekohe High School staff member 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 staff member was infectious when at school on the 16<sup>th</sup> and 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

<p>If you were last at school on August 16, you will need to get tested:</p> <ul style="list-style-type: none"> <li>• <b>Immediately, and</b></li> <li>• <b>On Saturday 28 August (Day 12 test).</b></li> </ul>	<p>If you were last at school on August 17, you will need to get tested:</p> <ul style="list-style-type: none"> <li>• <b>Immediately, and</b></li> <li>• <b>On Sunday 29 August (Day 12 test).</b></li> </ul>
<p><i>If your test results are negative, you can leave self-isolation at the end of Monday 30 August (but must still adhere to the National Alert Level).</i></p>	<p><i>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).</i></p>
<p><b>The test is free. Please give the following code to the testing staff when you visit: SURV-TM18SC9. Find your nearest testing centre <a href="#">here</a>.</b></p>	

### 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**