



22 August 2021

Dear Parent, Caregiver, Staff Member,

COVID-19 at Western Springs College

A Western Springs College student has been confirmed as having COVID-19.

From our investigations, we have identified that most staff and students who were at the school at the same time as the case are casual contacts. A smaller number of staff and students have been identified as close contacts.

- **You have been identified as a close contact.**

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](#).
- 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

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

Take this code with you and give it to the testing staff: TM18SC10

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).

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 or www.covid19.govt.nz.

Thank you for your support.

Yours sincerely

Medical Officer of Health

Auckland Regional Public Health Service