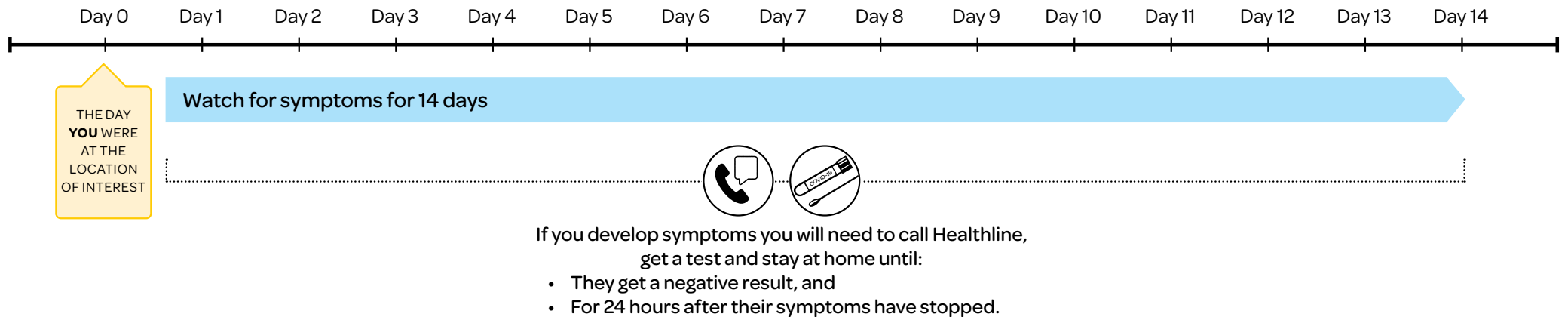


CASUAL CONTACTS

Aug 2021 / v1.0

If **you were** at a location of interest at the same time as someone infectious with COVID-19.

Casual Contacts are at a lower risk than Casual Plus Contacts and Close Contacts.



Things you need to know

Do I need to stay home?

No, unless you develop symptoms.

What symptoms should I look for?

COVID-19 symptoms can include a new or worsening cough, fever, shortness of breath, sore throat, runny nose or temporary loss of smell/ taste. Some people may also experience diarrhoea, headaches, muscle pain, nausea, confusion or irritability.

If you have difficulty breathing, call an ambulance: Dial 111.

Do I need a test?

Only if you develop symptoms.

If you develop any symptoms, call Healthline, get a test and stay at home.

- Until you get a negative result
- For 24 hours after your symptoms have stopped
- Stay separate from others in your house if you can.

Where do I get tested?

For Testing Centre information call Healthline on 0800 358 5453 or visit healthpoint.co.nz/covid-19/

How much do tests cost?

Tests are completely free.

How do I know if my test is positive or negative?

The usual process for positive tests is a call from Public Health. They will let you know what you need to do next. Negative results are normally advised via text.

Do the people I live with need to do anything?

Household members don't need to get a test or stay at home, unless they develop symptoms.

Anyone who develops symptoms will need to call Healthline on 0800 358 5453.