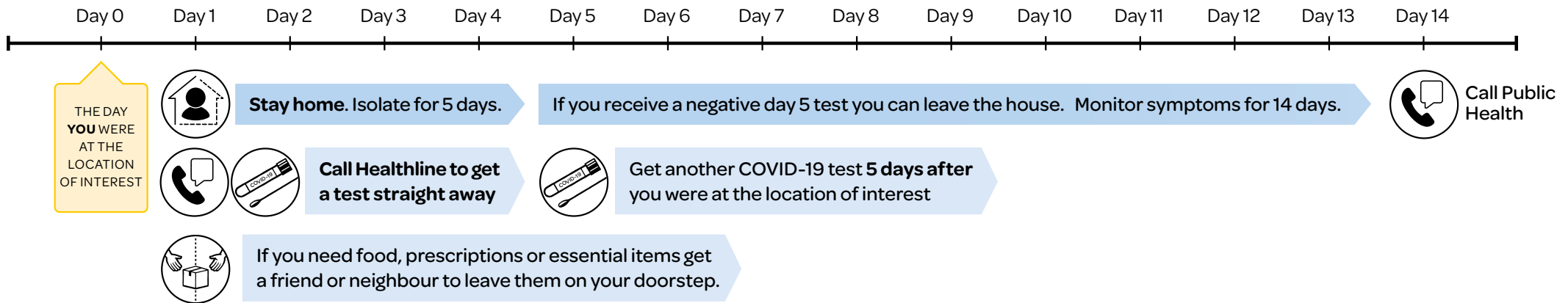


CASUAL PLUS CONTACTS

Aug 2021 / v1.0

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

Casual Plus Contacts are at lower risk than Close Contacts.



Isolation: what you need to know

Can I go out?

If you were at the location of interest at the specified time window, you **must stay at home**. You can only leave home if you are getting a COVID-19 test, or if there is an emergency and you're in danger.

You will need to get a test:

- **Immediately** after finding out you were a close contact.
- **5 days** after the day you were at the location of interest (or as soon as possible, if five days has already passed).

While at home stay separate from other people in your household if you can.

You can do exercise outside, but on your property if you can do so safely away from others. This could be things such as weights in the backyard or skipping in your driveway. This **does not include** activities that involve leaving your home or backyard like a walk with the dog around the neighbourhood.

If you're an essential worker, you cannot leave your house to go to work.

When can I stop isolating?

If you were at the location of interest, you will need to isolate at home for at least 5 days from your last exposure until you receive a negative day 5 test result. You should monitor for symptoms for 14 days.

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

Where do I get tested?

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

If you do not have access to a private vehicle through family or community support, contact your public health unit.

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**.

What if I can't isolate completely away from my family in the house?

You should keep yourself away from household members where possible. Don't share dishes, cups, eating utensils, pillows or towels with other people in your home. Wash things in hot soapy water.

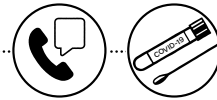
CASUAL PLUS CONTACTS

Aug 2021 / v1.0

If **someone in your household** was at a location of interest at the same time as someone infectious with COVID-19.

Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7 Day 8 Day 9 Day 10 Day 11 Day 12 Day 13 Day 14

Watch for symptoms for 14 days after the person in your household was at the location of interest



Anyone who has symptoms will need to call Healthline, get a test and stay at home until:

- They get a negative result, and
- For 24 hours after their symptoms have stopped.

Isolation: what you need to know

Can I go out?

All household members (except the person who was at the location of interest) can go out unless they develop symptoms. If anyone else develops COVID-19 symptoms, stay home and call Healthline to get a test.

They'll need to stay at home until:

- They get a negative result, and
- For 24 hours after their symptoms have stopped.

What about getting tested?

Does anyone else in the household need to get a test?

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

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

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**.

Other things you and your household need to know

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 anyone develops symptoms – even if you’ve already tested negative before – immediately get tested, stay at home and separate from others in your house if you can. Continue this until 24 hours after your symptoms have stopped and you get a negative result.

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

How do we get food and other supplies?

The person who was at the location of interest must stay home. Unless they have symptoms, others in your household can go food shopping. If you need to, you can also ask a friend, neighbour or relative to drop food and medicine off on your doorstep. However, you can’t talk to them or have any other contact with them while they’re there.

You can make online grocery orders through local supermarkets and their Priority Assistance Service.

Food parcels can be delivered to your gate or doorstep – go to [familyservices.govt.nz](https://www.familyservices.govt.nz) to find a food bank or call **0800 890 110** to order a Whānau Ora Family Support Package.

What if I have a vaccine appointment?

It is very important that anyone who has symptoms, has been at a location of interest, is a close contact or who has had a COVID-19 test **does not** attend a vaccination. Call **0800 28 29 26** or go to [bookmyvaccine.nz](https://www.bookmyvaccine.nz) to reschedule your appointment.

What if I need help?

Medical: If it’s an emergency, call **111**. If it’s not an emergency, call your GP or Healthline on **0800 358 5453**.

Mental health and wellbeing support: Isolation can be hard. Help is available. If you need support, you can speak with a trained counsellor – just call or text **1737** to use the ‘Need to Talk?’ service. It’s free and available 24 hours a day, 7 days a week. They mainly provide support in English but there may be cases where they can connect you with someone if you speak a language other than English.

Financial: Financial support is available for people who need to stay at home due to COVID-19 through the Ministry of Social Development 7 days a week, 8am to 5pm on **0800 559 009** and Whānau Ora **0800 875 663**.

What if I share the care of my children?

If your child is already with you, they are already in your household bubble and must follow the same rules as your household. If your child is not with you and you have a joint or extended bubble, they can join you as usual but everyone in your combined bubble needs to follow the rules as your household.

What if you are required to self-isolate, but also require a carer?

You can still have a carer come to your home if you are the only person they care for, and they should wear PPE. They cannot care for people in other households.