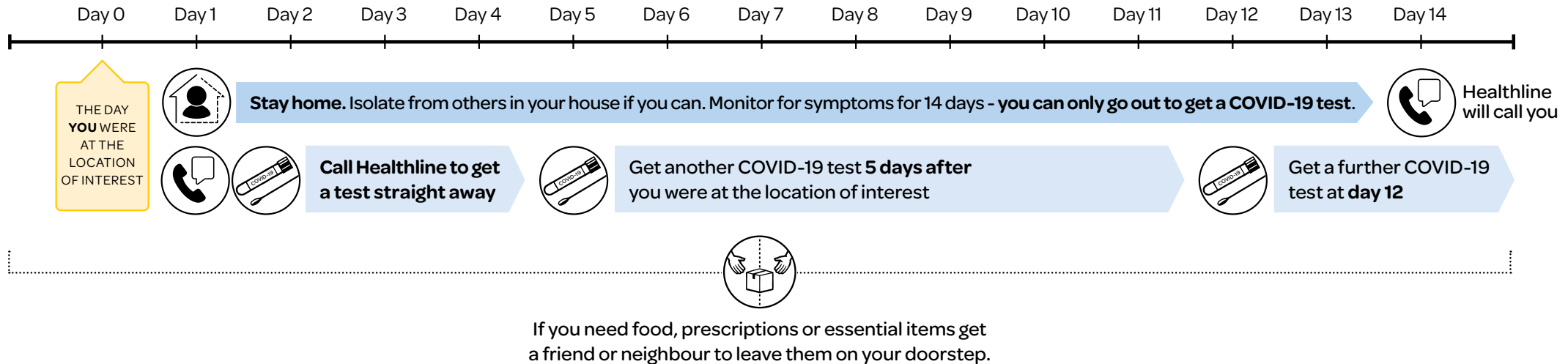


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Aug 2021 / v1.0

What to do if **you were** at a location of interest visited by a confirmed COVID-19 case and identified as high risk.



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,
- And another test **12 days** after you were at the location of interest

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 14 days from your last exposure, even if you receive a negative result.

You will need to stay in self-isolation until you have been called by Healthline to confirm your release from isolation on day 14.

Getting a test

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 please call your GP who may be able to work with community care services to arrange a test or mobile testing units to areas of high demand.

How much do tests cost?

Tests are completely free.

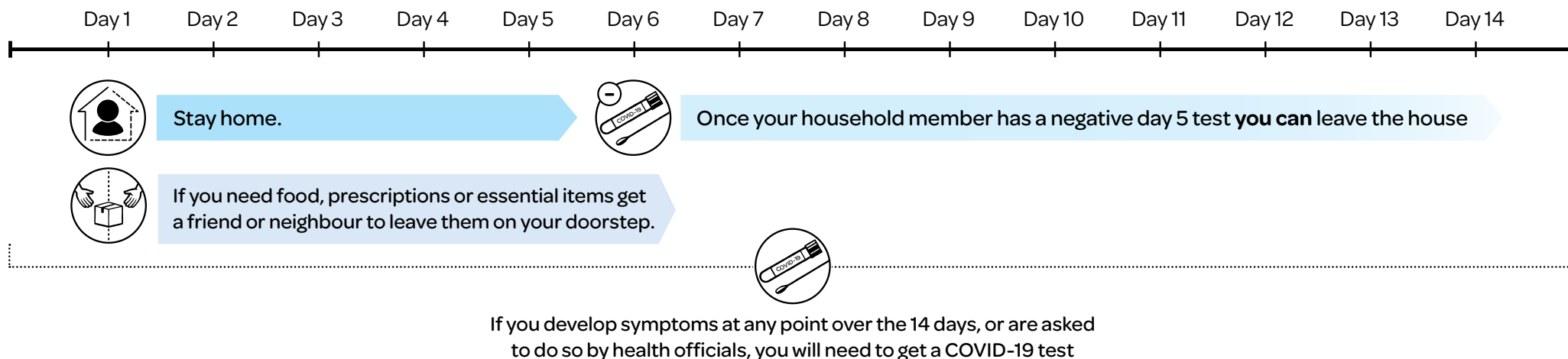
How do I know if my test is positive or negative?

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.

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What to do if **someone in your household** was at a location of interest visited by a confirmed COVID-19 case and identified as high risk.



Isolation: what you need to know

Can we go out?

All household members will need to stay home until the person who went to the location of interest returns a negative day 5 test result.

This means you **can't go out** for:

- food shopping, or to pick up food
- medicine or for vaccinations or other reasons, (except for urgent medical treatment).

However **you can go** outside to:

- exercise as long as you can do so safely, by keeping your distance from others..

You cannot leave your house to go to work unless you are an essential worker and you meet certain conditions.

When can we stop isolating?

All household members need to stay at home for at least 5 days – until the person who went to a location of interest returns a negative day 5 test result.

If anyone else develops COVID-19 symptoms call Healthline on 0800 358 5453, your time in isolation might extend.

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 or are asked to by health officials.

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 please call your GP who may be able to work with community care services to arrange a test or mobile testing units to areas of high demand.

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.

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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 – call Healthline 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?

Until the person who went to the location of interest has returned a negative day 5 test, no-one can leave your house to get food or other supplies. You can 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.

As long as the others in your household don’t have symptoms, they can go food shopping after the person who went to a location of interest has returned a negative day 5 test.

If you were the person who went to a location of interest, then you must stay home until you have been cleared to leave by **Public Health**.

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 to find a food bank or call **0800 890 110** to order a Whānau Ora Family Support Package.

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.

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 centre, this includes your household members who are also staying at home. Call **0800 28 29 26** or go to bookmyvaccine.nz to reschedule your appointment.

What if someone in the household is an essential worker?

If you are an essential healthcare worker or border worker, and you meet certain conditions, you may be able to continue working. Please check with Healthline.

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: If being in isolation means you can’t work, support is available 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 isolation bubble and must follow the same ‘stay at home’ rules. If you share care of your children and have a joint or extended bubble, everyone in your combined bubble needs follow the same rules as your household – that means everybody will be in staying at home across the two households.

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.