

Self-isolation guidance for people returning to New Zealand from mainland China

If you have been in mainland China in last 14 days, you may have been exposed to novel coronavirus (2019-nCoV). In some people it may take up to two weeks before symptoms present if they have been infected. As a result, you should isolate yourself from other people for 14 days from when you arrive back in New Zealand from Mainland China as you may have been exposed and infected with the virus.

We are asking people to take simple, common-sense steps to avoid close contact with other people as much as possible, like they would with the seasonal flu virus. We know it is a stressful time, but taking these simple measures will help protect you, your family, and all of New Zealand against 2019-nCoV and other common infectious diseases.

What does self-isolation mean?

Self-isolation means avoiding situations where you could infect other people. This means all situations where you may come in contact with others, such as social gatherings, work, school, child care/pre-school centres, university, faith-based gatherings, aged care and healthcare facilities, prisons, sports gatherings, supermarkets, restaurants, shopping malls, and all public gatherings.

If you are a visitor to New Zealand, this means you should avoid sitting in a restaurant, participating in any type of tour group, or using public transport, including flights, buses, and trains between cities in New Zealand.

If you are unsure if you should be self-isolating, or if you do not know where you are allowed to go, please contact Healthline for free on 0800 611 116.

Separate yourself from other people in your area where possible

As much as possible, you should limit your contact with people other than the family members/companions that you travelled with. You should avoid having visitors to your home, but it is okay for friends, family or delivery drivers to drop off food.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze, or you can cough or sneeze into your sleeve. Throw used tissues in a lined trash can, and immediately perform hand hygiene; either wash your hands with soap and water for at least 20 seconds making sure you dry them thoroughly or use a hand sanitiser.

Wash your hands

Wash your hands often and thoroughly with soap and water for at least 20 seconds. You can use a hand sanitiser if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, pillows, or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water, place in the dishwasher for cleaning, or wash in your washing machine.

Transport

You should minimise your use public transport, taxis, or ride sharing apps like Uber until 14 days after your return from Mainland China. Where possible, contact a friend or family member to take your children to school (if they are not also required to self-isolate).

Getting food and medicine

Where possible, contact a friend, family member, or delivery services to carry out errands like supermarket shopping on your behalf.

If you become unwell then contact Healthline

Contact Healthline for free on [0800 611 116](tel:0800611116), or your GP if you begin to feel unwell. The symptoms of coronavirus are cough, fever, and shortness of breath.