

Advice for members of the public tested for COVID-19



Why have you been tested for COVID-19?

You have been tested because you have COVID-19 symptoms. These include:

- A new or worsening cough
- Sore throat
- Shortness of breath
- Runny nose/sneezing
- Loss of sense of smell or taste
- Fever

Some people may also experience: diarrhoea, headache, muscle pain, nausea, confusion, irritability.

Many of the symptoms of COVID-19 are similar to those of a common cold or flu. To help ensure COVID-19 is not circulating in our communities, anyone with these symptoms should be tested for COVID-19.



Now you have been tested, what should you do?

You should **stay at home** until you get a **negative test result** and until you have had no symptoms for 24 hours.

Staying at home

What this means:

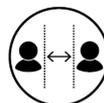
- You should stay at home and away from work and school. If you cannot work from home, your employer may be able to apply for financial support for you. For more details visit <https://covid19.govt.nz/business-work-and-money/financial-support/covid-19-financial-support-tool/>

- You should not leave your property, unless you need to see a doctor. For example, you should not go to the supermarket or other shops, instead ask others to shop for you, or order supplies online
- You should not have any visitors into *your* home – including extended family/whanau

For more information about staying at home visit <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-health-advice-public/covid-19-staying-home>

Protect others in your household

While you have symptoms, you should:



Try to stay away from others in your household



Wash your hands regularly with soap and water and dry them well



Cover your coughs and sneezes with a tissue, or cough or sneeze into your bent elbow



Dispose of your tissue into a rubbish bin and wash your hands afterwards with soap and water

Household members

- While you are waiting for your test, your household members do not have to stay at home and can go about their normal lives **unless they feel unwell**
- If they develop symptoms they should stay at home, call Healthline on 0800 358 5453, and arrange to get tested (even if your test was negative)



Test results

You should receive your test results within 48 hours. If you have not received a result after this time, please contact your family doctor or GP.

- **If your test is negative – you will receive a text to your mobile phone**

Following a negative test you should continue to stay at home until 24 hours after your symptoms have cleared.

- **If your test is positive – you will receive a phone call**

Regional Public Health (RPH) will contact you to explain the result and to help you and your household/whānau understand what you need to do next.

NZ COVID Tracer App

Please make sure you use the NZ COVID tracer app to help keep track of where you have been and who you have visited. Your data is private and you are in control of it. To download, visit <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-resources-and-tools/nz-covid-tracer-app>

In an emergency: Ring 111 for an ambulance. Please tell them you have symptoms of COVID-19.

For more information

Help and advice in other languages: Visit the Unite against COVID-19 translations webpage at <https://covid19.govt.nz/updates-and-resources/translations/>

More information about staying at home: Visit the Ministry of Health's staying at home page at <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-health-advice-public/covid-19-staying-home>

More information about financial support: Visit the Unite against COVID-19 financial support page at <https://covid19.govt.nz/business-work-and-money/financial-support/covid-19-financial-support-tool/> or the Ministry of Social Development's webpage at <https://www.workandincome.govt.nz/covid-19/leave-support-scheme/index.html>

Regarding health concerns: Ring your GP or Healthline on 0800 358 5453 (Healthline is a 24/7 service with interpreters available)

With thanks to Auckland Regional Public Health Service for the use of this information.

