

You have
COVID-19
symptoms
and are a
Border Worker
or other person considered
at higher risk of COVID-19



If you have symptoms of COVID-19 and you meet the HIS criteria below, you **must get tested and self-isolate* at home** until all your test results are reported as **negative**.

*NB: self-isolate means **staying at home** AND **avoiding other household members** as much as possible.

HIS Criteria for Border Workers or others at higher risk of COVID-19

HIS (higher index of suspicion) criteria identify people who are at higher risk of having COVID-19. You meet HIS criteria if in the last 14 days any of the following apply to you:

- Travelled internationally (excluding travel from an area with which New Zealand has quarantine free travel (QFT) in place)
- Had direct contact with international travellers from non-QFT countries, e.g. if you work at the border, or in a managed isolation or quarantine facility
- Worked on an international aircraft or ship (excluding aircraft from a QFT area)
- Cleaned at an international airport or maritime port in areas visited by international arrivals from non-QFT countries
- Exited an MIQ facility (excluding recovered cases)
- Worked in a cold store facility that receives imported chilled and frozen goods directly from an international air or maritime port
- Or any other criteria required by the local Medical Officer of Health



Testing

- If you meet the HIS criteria and have symptoms of COVID-19, you must get tested immediately
- You can get a free COVID-19 test from your family doctor or community testing centre. Find your nearest testing centre here: <https://www.healthpoint.co.nz/covid-19/wellington/>
- Because you meet the HIS criteria, the centre will let Regional Public Health (RPH) know you have been tested. You may be called by RPH to discuss your symptoms and isolation plan. **They may ask you to have more than one test**



Self-isolation

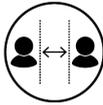
You must self-isolate at home until all your tests are reported as negative. This means:

- Stay at home, do not go to work or school. If you cannot work from home, your employer may be able to apply for financial support for you. (Visit <https://covid19.govt.nz/business-and-money/financial-support/covid-19-financial-support-tool/> for more information)
- Try to stay away from other family members e.g. where possible stay in a separate part of the house. For example, do not share a bedroom, avoid shared spaces (e.g. the family room or kitchen) and use your own washcloth, towel and utensils.
- Do not go to the supermarket or shops, instead ask others to shop for you, or order supplies online.
- Do not leave the house, unless you are getting tested or need to see a doctor – if you do visit a healthcare facility please wear a mask.

- Do not use public transport, taxis or similar transport methods
- Do not allow visitors or wider family/whanau into your house – use the phone to stay in contact with people who don't live with you.

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

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 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/whanau understand what you need to do next.

If your first test is negative

- If your first test is negative, **and** you have **no high risk symptoms** (see below), you can stop self-isolating but you should continue to **stay at home and away from public places** until 24 hours after your symptoms clear.

For more information about **self-isolating** and **staying at home** and the difference between the two, please visit the Ministry of Health's self-isolation and staying at home pages listed at the bottom of this document.

If you have any high-risk symptoms, even after a negative test

- If you continue to have, or develop, any high-risk symptoms, you must **get tested again and remain in self-isolation**, even if you have had a negative first test. You should also contact Regional Public Health (RPH) on (04) 570 9002.
- High-risk symptoms include:
 - » Shortness of breath
 - » Loss of sense of smell
 - » Lost or altered sense of taste
 - » Hospitalisation
- If your second test is negative, you can stop self-isolating but you should **stay at home until 24 hours after your symptoms clear**
- **If you work at the border, or at a Managed Isolation Facility, you must continue to have your regular surveillance swabs.**

Household members

- Your household members do not need to stay at home **unless they feel unwell**
- They can go about their lives as normal, including going to work
- If they develop symptoms, they should ring Healthline (0800358 5453) and arrange to get tested (even if your test was negative)



In an emergency: Ring 111 for an ambulance. Please tell them you are a High Index of Suspicion (HIS) individual with 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)

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

Contact Regional Public Health (RPH) on (04) 570 9002

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

