



What to do if you test positive for COVID-19

If you have COVID-19 symptoms such as a cough, sneezing and runny nose, a fever, sore throat or shortness of breath; organise a test and isolate.

You can get a Rapid Antigen Test (RAT) by visiting a community testing centre. Or order online at RequestRats.Covid19.health.nz and collect from a collection site which can be found on healthpoint.co.nz/Covid-19



Rapid Antigen Tests (RATs)

- Follow the packet instructions.
- Results will be visible **20 minutes** after you complete your test.
- Support to carry out a test or understand the results is available on **0800 358 5453**, or at **Covid19.govt.nz**

If you test negative but have symptoms, stay at home and test again 24 hours later. If you test negative again and still have symptoms, contact a health professional for support.



What to do if you test positive

1. If you test positive, you need to self-isolate.
 - **If you have symptoms**, you need to self-isolate from when they started.
 - **If you don't have symptoms**, you need to self-isolate from when you got a positive test.
2. Everyone else in your household needs to self-isolate and get tested. Go to **Covid19.govt.nz/household** for more details. If they test positive, they also need to follow these steps.
3. Record your RAT result in your *My Covid Record*. If you need help with this, call **0800 222 478**.
4. If you have provided your mobile number, you will receive a text message from **2328** within 24 hours with a unique code to access an online form. Complete this form to help us identify if you need additional health or welfare support and any high-risk locations.
5. Household contacts can end their self-isolation at the same time as you (as long as they haven't tested positive).

Note: If your test was at a community test centre or other health provider, you don't need to do this, as the result will be automatically added to your *My Covid Record*.

How long do I need to self-isolate for?

To find out how long you need to self-isolate go to **Covid19.govt.nz/positive**



What to do when isolating

- Food and supplies must be contactless delivery. You can ask friends, whānau or neighbours to help, or you can order online through supermarkets and businesses.
- Tell people that your household has COVID-19 and is isolating. This includes regular visitors, your work place, education provider or school.
- You can exercise outside your home in your neighbourhood, but not at any shared exercise facility, such as a swimming pool or gym. You must maintain physical distancing.
- Keep surfaces clean and open windows to increase ventilation and airflow.

Isolating is the most effective way to protect people around you from getting COVID-19. It also helps slow the spread of the virus, which will protect our vulnerable populations and ease the pressure on our healthcare system.



Managing symptoms

For most people, COVID-19 will be mild to moderate and will be managed at home.

To help manage your symptoms, you can use over the counter medications such as painkillers and chest rubs.

If you need health advice, look at the online resources first:

[Covid19.govt.nz/positive](https://www.covid19.govt.nz/positive)

If your symptoms get worse or you need urgent medical care, call your local healthcare provider or Healthline on **0800 358 5453**.

If you or the person you are caring for develop difficulty breathing or severe chest pain, faint or become unconscious, **call 111 immediately**.



Support while isolating

Most people will be able to manage with the help of whānau and friends, but if your whānau need extra support while you are self-isolating, Ministry of Social Development may be able to help with:

- money to pay for urgent and essential costs, like food, medicine and some bills
- supplies delivered to you
- connecting you with support from community groups, iwi and Pacific groups in your area.

For more information, call the COVID Welfare Line on 0800 512 337.

Employment financial support

If you need to take time off work while isolating, your employer may be able to get **Leave Support** to help them keep paying you.

Mental wellbeing

For information on available support, go to Covid19.govt.nz/IsolationSupport

You can speak with a trained counsellor any time, day or night: **free call or text 1737.**

For more information, head to:



Covid19.govt.nz



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