



## COVID-19 (Novel Coronavirus)

# Information for a suspected case who lives with an essential worker

You are receiving this advice because:

- You have been tested for COVID-19 and are awaiting the result  
AND
- You live with someone who is an **essential worker** who is considered a 'close contact' of yourself.

While you are waiting for the lab result it is very important that:

- You stay at home (self-isolate)  
AND
- **You advise any essential workers who live with you to stay at home** (self-isolate).

If you test **positive** for COVID-19 you and your close contacts must stay in self-isolation. We will contact you with further advice.

If you test **negative** for COVID-19 **essential workers who live with you will be able to return to work, so long as they remain well.**

By advising any essential workers who live with you to stay home while you are awaiting results, you are helping prevent further spread of COVID-19 in your community.

### **This can save lives**

Your support with this is greatly appreciated.

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For further information regarding self isolation and household contacts :

- Search [covid19.govt.nz](https://www.covid19.govt.nz)
- Call the free 24/7 Healthline number **0800 358 5453**. Interpreters are available.
- If you need further information about self isolation visit [the Ministry of Health website](https://www.health.govt.nz) or call Toi Te Ora Public Health on free phone 0800 221 555 and ask to speak to the on-call Clinical Case Advisor, or email [enquiries@toiteora.govt.nz](mailto:enquiries@toiteora.govt.nz)



## COVID-19 (Novel Coronavirus)

# Information for an essential worker who is a household contact of a suspected case of COVID-19

You are receiving this advice because:

- Someone you live with is awaiting test results for COVID-19  
AND
- You are an **essential worker**.

While the person you live with is waiting for their lab result it is very important that:

- You **do not go** to work  
AND
- You stay at home (self-isolate).

If the test is **negative** for COVID-19 you will be able to return to work if:

- You are well (if you are not please seek medical attention, either via healthline, your GP or 111 if it is urgent)  
AND
- You are not in self isolation due to overseas travel in the last 14 days or because you had contact with another confirmed or suspected COVID-19 case.

By staying home while your close contact awaits the results, you are helping prevent further spread of COVID-19 in your community.

If the person you live with tests **positive** for COVID-19 you will be required to stay in isolation.

### Please help us save lives

Your support is greatly appreciated.

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For further information:

- Search [covid19.govt.nz](https://covid19.govt.nz)
- If you develop any symptoms of a respiratory illness call the free 24/7 Healthline number **0800 358 5453**. Interpreters are available.
- If you need further information about self isolation visit [the Ministry of Health website](https://www.health.govt.nz) or call Toi Te Ora Public Health on free phone 0800 221 555 and ask to speak to the on-call Clinical Case Advisor, or email [enquiries@toiteora.govt.nz](mailto:enquiries@toiteora.govt.nz)