



COVID-19 (Novel Coronavirus)

Information for a suspected case under investigation

You have symptoms that may be COVID-19 and you are waiting for your test result and so you are considered to be a 'suspected case under investigation'.

It is very important that you are in self-isolation and follow the instructions on this information sheet to protect yourself and others.

What does self-isolation mean?

Self-isolation means staying at home. This helps prevent the spread of COVID-19 to others.

Do not go to work, supermarkets, pharmacies, school, preschool, university, group or social activities, church, sports, or public places like cinemas, shopping malls, food markets and cafes. Do not use public transport, ride-share or taxis, or visit others. Do not have visitors come in to your house.

Do not go to hospital to visit people, for outpatient appointments, or for surgery unless you need urgent hospital care. If you do need urgent medical care, please phone first and advise that you may have COVID-19. Please call the hospital if you need to reschedule any appointments.

If you become more unwell, call the free 24/7 Healthline number for advice: 0800 358 5453.

If it is urgent or if you have difficulty breathing, please call an ambulance on 111 and tell them that you may have COVID-19.

More self-isolation advice is available on-line at covid19.govt.nz, or call the free 24/7 Healthline number above. Interpreters are available.

If my test is negative for COVID-19, when can I come out of self-isolation?

If your test shows you do not have COVID-19 and you have been symptom free for 24 hours, then this self-isolation requirement no longer applies. However, like everyone, you are required to follow the current national guidance relating to alert levels, staying home and contact with others.

If my test is positive for COVID-19, when can I come out of self-isolation?

If your test is positive for COVID-19 you will then be considered to be a confirmed case and you will be contacted by Public Health and given further advice. You will be required to stay home (self-isolate) until advised by a health professional that you can come out of self-isolation AND the following criteria must be met:

- It is more than 10 days after the start of your symptoms (or if you were hospitalised it is more than 10 days since your discharge from hospital) AND
- You have been free from all symptoms for at least 48 hours.

How can I protect others at home while I am in self-isolation?

- If possible, have your own room and use a separate bathroom/toilet.
- Cover your coughs and sneezes with disposable tissues, or cough or sneeze into your elbow. Please place used tissues in the rubbish bin.
- Wash your hands often, for at least 20 seconds, with soap and water. Then dry them thoroughly. Use hand sanitiser if no soap or water is available.
- Avoid sharing household items such as dishes, drinking glasses, cups, eating utensils, towels, toothbrushes or bedding with other people in your home. After use, these items should be washed thoroughly with detergent and water. Please clean computer keyboards, desks and other surfaces regularly, especially before others use them.
- Maintain your distance (keep two metres or more away) from other people whenever possible.
- Stay in your home or accommodation, unless you are getting medical care. (You may go outside in to your yard or garden, if you have one, but do not leave your property).

What about my household and other close contacts?

All your household and close contacts (those in your 'bubble') **must also self-isolate** and if they develop any symptoms should phone Healthline (0800 358 5453) for advice.

If there are any **essential workers** in your household or who are close contacts of yours (those in your 'bubble') they **must not attend work** until your test results are back.

If you test **positive** for COVID-19 you and your close contacts (those in your 'bubble') must continue to stay in self-isolation. Public Health will contact you and them with further advice.

If you test **negative** for COVID-19 any essential workers who live with you will be able to return to work, as long as they do not have any symptoms of COVID-19. Your household contacts will no longer need to be in self-isolation because of your illness. However, like everyone, they are still required to follow the current national guidance relating to alert levels, staying home and contact with others.

If you have any questions about this information and advice, or you or your household have any difficulties with self-isolation or looking after yourself, please call Toi Te Ora Public Health on free phone 0800 221 555 and ask to speak to the on-call Health Protection Officer, or email enquiries@toiteora.govt.nz. Thank you for helping prevent any spread of novel coronavirus in your community. Your ongoing support with this follow up is much appreciated.