

What do I do whilst I wait for my COVID-19 test result?

- Whilst you wait for your result you need to continue to self-isolate at home or in another suitable place where you can stay on your own.
- If you live with someone who is an **essential worker** they must also stay at home (self-isolate)

For more advice on self-isolation please visit the [Ministry of Health Website](#)

What do you do if your COVID-19 test result is negative?

If you have **returned from overseas** or **have had close contact** with someone with the virus

- you still need to complete the full 14-day isolation period
- if you are still sick with the same illness at the end of the 14-day isolation period, you will need to stay in isolation until you have been symptom-free for 48 hours

If you have **not** recently travelled or had close contact with someone with the virus

- if you are still sick you will need to stay in isolation until you have been symptom-free for 48 hours
- if you are well, and have been for 48 hours, you can return to normal daily activity.

If you had an **essential worker*** living with you

- Essential workers who live with you will be able to return to work, so long as they remain well.

*A list and guidance about essential services is available on www.covid19.govt.nz

What do you do if your COVID-19 test result is positive?

If you test positive for COVID-19 you and your close contacts must stay in self-isolation. Someone from our Public Health Unit will contact you with further advice.