

Information for HIS Asymptomatic People Tested for COVID19

Thank you for being tested today. You were tested even though you have no symptoms because you have a higher risk than others of being exposed to COVID19. This might be for any of the following reasons:

- you recently arrived in New Zealand by air or by sea,
- your work involves international travel to high risk countries,
- you work at the New Zealand border or come in regular contact with travellers in quarantine,
- you were asked to get tested for another reason by a Medical Officer of Health (public health).

This swab taken is sent to an Auckland laboratory for testing. **Results will take about 5 days to come back.**

Do I need to be in self- isolation?

The requirement to be in self-isolation depends on why you were tested.

- **If you are currently completing a 14 day self-isolation (quarantine) period**, you need stay in self-isolation to finish this even if your test is negative.
- **If you are international aircrew being tested** you need to stay in self-isolation until your test result is available and is negative.
- **If you were tested after more than 28 days at sea** you need to stay in self-isolation until your test result is available and is negative.
- **If you were tested as part of border surveillance as a border worker** you can continue to work while you wait for your result unless you develop symptoms of COVID19.
- **If you were tested at the request of public health, follow the self-isolation instructions they gave you**

There is more information about self-isolation at the back of this sheet.

What do the results mean for me?

If your test **result is negative** you will be notified about it via **text message or email** (or on a landline phone). It means that COVID-19 was not detected. Having a negative test now does not mean you can't get COVID-19 in the future. If you become unwell with symptoms of COVID-19 you should be tested again.

If you have a **positive result - you have COVID-19** - someone from public health will call you to let you know. You will need to stay in isolation for at least 10 days and until have been completely well for 3 days. We will ask you about all the people (**contacts**) you have spent a lot of time with since you became unwell and those people will be asked to stay at home (in quarantine) for 14 days in case they become unwell too.

If you do not receive your results **AFTER 5 DAYS** you can call the NDHB COVID-19 Hotline on **0800 600 720**. This phone line is open 8am to 4.30pm weekdays, for test results and information on testing centres only. For health advice call Healthline on 0800 358 5453 or your GP. Healthline are not able to provide results.

If you become unwell with COVID-19 symptoms and need to see a doctor you must call ahead so they can prepare to see you and to keep themselves and other patients safe. Please let them know you have been tested already. You can show them this letter.

What Happens to the information collected about me?

We will only use and disclose your personal information if that is permitted by law. Within the national response to COVID-19 disclosure may occur to your GP; healthcare organisations such as Public Health, and the Ministry of Health, your employer; and your whanau, for example to enable contact tracing.

What does self-isolation mean?

1. Stay at Home

You must stay in your home, or the place you are currently staying, except for getting medical care. Do not go to work, school, or public areas, and do not use public transport, Uber or taxis until you have been told that is safe to do so. Do not visit people in hospital or attend hospital outpatient appointments.

You will need to ask for help if you require groceries, other shopping or medications. Do not visit a pharmacy yourself. Alternatively, you can order by phone or online. The delivery instruction needs to state that the items are to be left outside, on the porch, or as appropriate for your home. For emergency deliveries you can call 0800 790 791 for support.

2. Separate yourself from other people in your home as much as you can

Try and stay away from the other people that you live with as much as possible. We advise that you stay at least 2 meters away from another person. If you live with other people, try to spend time in only a few places like your bed, a chair that is just for you, a seat outside, and the bathroom. Ask those you live with for help and to bring you things.

If you share a home with flatmates or other people that are not your family, with a shared kitchen, bathroom(s) and living area, you should stay in your room with the door closed, only coming out when needed. If you share a kitchen avoid using this while others are using it if you can, and take meals back to your room to eat. If you can, use a dishwasher to wash your used dishes, and keep your things separately from everyone else's.

3. Wash your hands lots and for longer

Regular hand washing is the best way to avoid getting COVID-19. This should be done often and thoroughly with soap and water, for at least 20 seconds, rinse and dry thoroughly. Everyone in the home should be encouraged to wash their hands regularly. Try to avoid touching your eyes, nose, and mouth.

6. Cover your coughs and sneezes

Cover your mouth and nose with a disposable tissue when you cough or sneeze. Dispose of tissues into a plastic waste bag, and immediately wash your hands with soap and water for at least 20 seconds, then rinse and dry thoroughly. Carers should wash their hands as well if helping the person they are caring for following coughing or sneezing.

7. Avoid sharing household items

Avoid sharing dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with other people in your home when you have used them. After using these items, wash them thoroughly with soap and water; dishwashers may be used to clean crockery and cutlery.

8. Do not have visitors in your home

Do not invite or have visitors to your home. People who drop things off to you should leave them on the doorstep. If it is urgent to speak to someone who you don't live with, do this over the phone.

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