

## You were tested for COVID-19 at a Community Testing Centre or Mobile Testing Service (at least one High Index of Suspicion criteria met)

You were tested because you **have symptoms** of COVID-19 and meet **High Index of Suspicion (HIS)** criteria. These symptoms can also be caused by many other viruses, like influenza. We tested you today for COVID-19 only.

You meet the HIS criteria because in 14 days before you became unwell you

- had contact with a Covid-19 case,
- arrived from outside New Zealand by air or sea,
- had direct contact with someone who has travelled internationally,
- worked on an international aircraft or ship,
- cleaned at international air or maritime port or areas frequently visited by international travellers,
- you met other criteria determined by a Medical Officer of Health (Public Health).

This swab is sent to an Auckland laboratory and **results will take about 5 days to come back.**

**You must stay at home in self-isolation (quarantine) until you receive your test result.**

### What to the test results mean for me?

If your test results are **negative** you will be sent it by **text message**. It means that COVID-19 was not detected at the time you were tested. **You must stay in self-isolation** if you recently returned from **overseas**, or were tested because you were **exposed** to someone with COVID-19, **until you have completed 14 days of self-isolation**. This is 14 days from when you entered New Zealand, or 14 days from your **last contact** with a confirmed COVID-19 case.

Otherwise you should **stay home until you feel completely well again for at least 24 hours**, because you will have another type of virus you can pass on to others. If you become more unwell or have ongoing fevers you should seek medical care. Having a negative test now does not mean you can't get COVID-19 in the future. If you become unwell again with the 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 may be asked to stay at home (in quarantine) for 14 days in case they become unwell too.

If 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 cannot provide results.

### What do I do if I start to feel worse and need to see a doctor?

If you feel worse and feel like you need to see a doctor you should seek medical care.

- **If it is an emergency you should call an ambulance on 111.**
- During normal business hours you should see your GP. After-hours you should go to an Accident and Medical centre or a hospital emergency department.

You **must call ahead** before seeing a doctor so they can prepare to see you and to keep themselves and other patients safe. **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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