You were tested for COVID-19 at a Community Testing Centre or Mobile Testing Service (Low Index of Suspicion criteria)

Thank you for getting tested because you **have symptoms** of COVID-19 but **no** High Index of Suspicion criteria. These symptoms can also be caused by many other viruses, like influenza. We tested you today for COVID-19 only.

Because you have no High Index of Suspicion criteria, being tested for Covid-19 is voluntary. You do not have to be tested if you don't wish to be. We recommend that healthcare workers and people working in aged residential care, and people who are at high risk of severe infection with COVID19 be tested if they have any symptoms.

What happens next?
- Today you had a swab taken from the back of your nose or your throat
- This swab is sent to an Auckland laboratory for testing
- The **results can take up to 5 days to come back**
- You did not meet the High Index of Suspicion criteria listed on the Ministry of Health website, so you **do not have to self-isolate** after the test.
- We advise you to stay home from work or school until you have had no symptoms for 24 hours to avoid passing on infection to others.

What do my results mean?
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. 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 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 Covid19 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?
The community testing centres are not staffed with doctors.
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. You **must let them know you have been tested already**. You can show them this letter.