

## You were tested for COVID-19 at a Community Testing Centre or by a Mobile Testing Service

Thank you for getting tested today for COVID-19 (coronavirus). You were tested because you are **unwell with symptoms** of COVID-19. These symptoms can also be caused by many other viruses, like influenza. We have only tested you today for COVID-19.

### 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 will take around 5 days to come back**
- You **must stay at home in self-isolation** until you receive your results. What this means is written on the back of this information sheet.

### What happens next if my result is negative?

If test results come back **negative** you will be notified about it via **text message or email** (or on a landline phone if you don't have these). It means that COVID-19 was not detected at the time you were tested. 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.

**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.

### What happens next if my result is positive?

- If you have a **positive** result 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 you have been completely well for 2 days.
- We will ask you about all the people you have spent a lot of time with since you became unwell and those people will be asked to stay at home (in quarantine) in case they become unwell too.

### 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.

### Where can I go for more advice?

You can call Healthline on 0800 358 5453 for advice. **Healthline will NOT be able to access your results.**

You can get more information from the Government COVID-19 website here: <https://covid19.govt.nz/>



## 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.

Dr Catherine Jackson

**Public Health Medicine Specialist**

**NgāTai Ora – Public Health Northland**