

Fact sheet: COVID-19 Self-Management



If you feel sick:

Please get tested if you have COVID-like symptoms:

- a new or worsening cough
- sneezing and runny nose
- a fever
- temporary loss of smell or altered sense of taste
- sore throat
- shortness of breath.

You can find less common symptoms **here** or call Healthline 0800 3585453 for advice.

Testing:

If you feel symptomatic, are a household contact, call Healthline on 0800 358 5453 (anytime) to get details on where you can get tested or you can find a community testing station location near you **here**.

Due to the spread of Omicron, testing will now largely be done with a RATs test yourself.

If you test positive you will need to register through **My COVID Record** and complete the online forms. You will also need to let your whānau and friends know, so they can monitor their own symptoms and get tested if they need to.

If you are unable to go online, a health professional can support you through this on the phone by calling Healthline on 0800 611 116.

While vaccination provides the best defence against getting seriously māuiui, you still need to get tested even if you are fully vaccinated or feeling unwell.

If you have tested positive:

Most New Zealanders will now independently self-manage themselves and those in their whare.

Alternative accommodation is still available if isolating safely in your usual whare isn't an option. Check out our **kete** of resources on how to get your whānau ready.

Isolation

If you have tested positive, you and your household contacts need to self-isolate for 7 days. Household contacts need to do a test on day 3 and day 7. Providing tests are negative and you have no worsening or new symptoms, your whare can head back into the community after day 7.

If you are identified as a close contact, you no longer need to self-isolate, but you do need to monitor your symptoms and get a test and self-isolate if you feel unwell.

Household and Close Contacts

You're classified as a close contact if you've had contact with a person with COVID-19 when they were infectious.

You're automatically a household close contact if you live in the same whare with someone who has tested positive.

Close contacts no longer need to self-isolate, but they do need to monitor their symptoms and get a test and self-isolate if they feel unwell. The Close Contact Exemption Scheme will apply for those who are critical workers.

If you're a household contact, you will need to isolate until the positive person in your whare has been isolating for 7 days, and you will also need to do a test on day 3 and day 7.

Support

Check out the Support page on our website where you will find information on health and wellbeing, financial and employment contacts. Please reach out for help if you need it.

Continue to follow the Golden Rules

- Wear a mask
- Use the COVID Tracer App so you can let people know if you test positive
- Wash, dry and sanitise your hands often
- Social distance in public places
- Open windows to ventilate your whare
- Clean and sanitise high-touch surfaces
- Vaccines are still our best defence against getting seriously māuiui from COVID-19. **Get yours now.**