

Your COVID-19 Test

For testing providers: this information sheet applies to PCR testing, not rapid antigen testing.

1 What happens now?

- You will be asked to provide some basic information including your contact details, your living and working situations, your usual healthcare provider and any symptoms you might have.

2 What happens next?

- You may need to stay at home or isolate while you wait for your test result. Please **read the instructions over the page.**
- Results can take up to 5 days so please be patient. If you have not been notified of your result after 5 days, please contact your GP or primary care provider.
- If you have been contacted by public health or another health professional, please follow their instructions.

3 Can I go out and about?

To find out if you need to stay at home or self-isolate, **please see below.**

- Staying at home** means staying within your home or residence. If you have symptoms, stay away from household members if possible. Do not go to work or school and do not have any visitors or family who don't live with you in your home. For further advice on staying at home please visit the [Ministry of Health website: health.govt.nz.](https://www.health.govt.nz/)[#]
- Self-isolation** means trying to completely isolate away from other members of your household (e.g. no physical contact, minimise time in shared spaces, and do not share items such as knives, forks and spoons, cups and plates, towels or bedding), while you remain in your own home. For further advice please visit the [Ministry of Health website - health.govt.nz.](https://www.health.govt.nz/)[^]

Privacy Your information will be shared with those managing and monitoring COVID-19 in our community. This may include your GP, Public Health, the Ministry of Health, your employer and your whānau. This is to help activities such as contact tracing. We will only use and disclose your personal information as permitted by law. You have the right to access and correct your information.



What if I test negative?

- You should be notified via text message, email or a phone call. The message will direct you to a link for further instructions.
- Please go to www.arphs.nz/covid19neg for advice on what to do next.
- Some people who have a negative result may still need to stay in self-isolation for a longer period of time, or have more tests. For example if you have been told by a health professional you are a close contact of someone with COVID-19.
- In the future, if you become unwell again with symptoms that could be COVID-19, you should be tested again.



What if I test positive?

- A health professional will call you to let you know.
- They will talk with you about what this means for you, including how long you will need to stay in isolation.
- They will discuss isolation arrangements with you. You will be required to isolate either in your own home or in a managed facility. You will be given the support you need to manage this, and regular check-ins on your health and wellbeing.
- They will talk with you about your recent movements to identify places you have been and people you may have come into contact with.
- Your household contacts and all close contacts will be required to be tested and to isolate for at least 7 days from the last day you spent time with them. A health professional will help contact them and organise this.



Support and more information

- If you feel worse, you should phone your GP or the COVID Healthline. If you have difficulty breathing or it's an emergency dial 111. Let them know you have already been tested for COVID-19. It is free for COVID-19 patients to call an ambulance.
- For COVID-19 health advice and information, call the free **COVID Healthline 0800 358 5453 anytime** (interpretation services are available on this number). Healthline will NOT be able to access your results.
- You can get more information from Auckland Regional Public Health Service ([arphs.health.nz/COVID-19](https://www.arphs.health.nz/COVID-19))
- For updates and more information on keeping yourself and your whānau safe, visit [Covid19.govt.nz](https://www.Covid19.govt.nz)

Isolation instructions for after you have had your test

For specific isolation advice, please see the table below and choose the option which best describes your situation.

Note: If your situation changes (for example, if you develop symptoms later) this may change the isolation advice you need to follow.

- If you are contacted by public health or another health professional please follow their instructions.
- Call the COVID Healthline 0800 358 5453 if you are not sure. This is available 24 hours a day, 7 days a week.
- If it's an emergency, dial 111. It is free for COVID-19 patients to call an ambulance.

COVID-19 Symptoms

Symptoms that could be COVID-19 are: new or worsening cough, fever, shortness of breath, sore throat, runny nose, loss of sense of smell or altered sense of taste.

Less common symptoms are diarrhoea, headache, muscle aches, nausea/vomiting, malaise, chest pain, abdominal pain, joint pain or confusion/irritability.

These almost always occur with one or more of the common symptoms. These symptoms can also be caused by other viruses, like influenza (flu).

Please choose which of these best describes your situation	Instructions for after you have had your test
<p>I live with someone who has COVID-19</p>	<p>After this test, please go straight home, and continue to self-isolate. A health professional will be in touch with more information on what to do next, including when you and your whānau need to get tested again, and when you can finish self-isolating.</p> <p>If you have or develop symptoms, please call Healthline on 0800 358 5453, and notify the COVID-19 Community Health team as part of your regular check-in calls.</p>
<p>I have been told I am a close contact of someone with COVID-19. I do not live with the case</p>	<p>After this test, please go straight home, and continue to self-isolate. A health professional will tell you if you need to get tested again, and when you can finish self-isolating. They will also check-in regularly in case you have symptoms. If you have concerns, or feel unwell, please call the COVID Healthline 0800 358 5453.</p>
<p>I have been told I'm a casual plus contact</p>	<p>If you are fully vaccinated If you do not have any symptoms, you can carry on with life as normal. Watch for COVID-19 symptoms and get tested if you become unwell.</p> <p>If you are not vaccinated, or only partially vaccinated You need to get tested immediately AND on Day 5 after being exposed to COVID-19. Please stay at home until you get a negative day 5 test result and it has been more than 7 days since you were last exposed to COVID-19.</p> <p>Self monitor for symptoms for 10 days after you were last exposed to COVID-19. Get an additional test if you develop COVID-19 symptoms and stay at home until you get a negative test result and you have been symptom free for 24 hours.</p>
<p>If you have been to a location of interest</p>	<p>Please follow the "what to do" instruction on the Ministry of Health locations of interest * website.</p>
<p>I have travelled from overseas in the last 10 days (excluding quarantine-free travel)</p>	<p>If you have left a Managed Isolation and Quarantine Facility and are now completing your isolation at home</p> <p>If this is your day 9 test and you do not have symptoms, please wait until you get a negative test result, and then you can finish self-isolating. More advice is available from the Ministry of Health[^].</p> <p>If you develop COVID-19 symptoms, please call the COVID Healthline 0800 358 5453 for advice on further testing and isolation.</p>
<p>Healthcare workers</p>	<p>Healthcare workers who have been exposed to a case should follow instructions from their employer about what to do at work and at home.</p>
<p>I am none of the above and I do not have COVID-19 symptoms</p>	<p>You may have been asked to get tested to travel or for work, or because of where you live. If you do not have any symptoms and are none of the above, you can carry on with life as normal. Watch for COVID-19 symptoms and get tested if you become unwell.</p>
<p>I am none of the above and I do have COVID-19 symptoms</p>	<p>After this test, please go straight home, and stay at home until you receive a negative result AND for 24 hours after your symptoms have stopped. If your symptoms persist, call your GP or the COVID Healthline.</p>

* <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-health-advice-public/contact-tracing-covid-19/covid-19-contact-tracing-locations-interest>

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-health-advice-public/covid-19-staying-home>

^ <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-health-advice-public/covid-19-self-isolation-managed-isolation-quarantine>

^^ <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-information-specific-audiences/covid-19-travellers/self-isolation-international-arrivals-post-miq>