What to do when you have COVID-19 symptoms

Got any symptoms?

- Cough
- Temporary loss of taste
- Sneezing and runny nose
- Sore throat
- Fever
- Shortness of breath

Organise a test and isolate from the rest of your household.

No symptoms?

Unless you are a household contact, you don't need to get a test.

Where to get a test

Get a test at a community testing centre. You can order a Rapid Antigen Test (RAT) online at requestrats.covid19.health.nz and collect from a collection site, which can be found on healthpoint.co.nz/covid-19
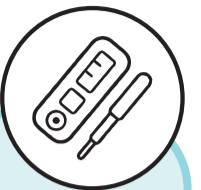
Do the RAT

- Follow the packet instructions.
- Results will be visible 15 to 20 minutes after you complete your test.

Positive result

For most people, COVID-19 will cause mild to moderate symptoms that can be managed at home.

Negative result

There's no need to isolate. Enter your result at My COVID Record.

Stay vigilant.

Report your test result

1. Enter your positive RAT result at **My COVID Record** or call **0800 222 478**.
2. A text message will be sent to you within 24 hours with further information and support.

Let people know

Inform others your household has COVID-19 and is isolating, like regular visitors, your work, education provider or school.

How to self-isolate

- You and everyone who lives with you will need to isolate.
- Take common-sense precautions to avoid any contact with those you live with.
- Food and supplies must be delivered contactlessly.
- You can exercise outside your home in your neighbourhood, but not at any shared exercise facility, such as a swimming pool or gym.

Household contact

While isolating, your household contacts will need to be tested.

- If a household contact tests positive, they will need to self-isolate, starting from the day of their symptoms or positive test result.
- The rest of your household contacts can end their self-isolation at the same time as you.

Monitor your symptoms

Seek advice if symptoms get worse by calling Healthline on **0800 358 5453**. **If it's an emergency call 111 immediately**.

Extra support

Most people can manage self-isolation with support from whānau and friends, but there is help available if you need it. Go to **workandincome.govt.nz** or call the **COVID Welfare Line** on **0800 512 337**.

Financial support

If you can't work from home while you're self-isolating, your employer may be able to apply for the Leave Support Scheme to help pay your wages or salary, even if you are a part-time or casual employee.

For more information about testing positive, head to:

Covid19.govt.nz/positive

Te Kāwanatanga o Aotearoa
New Zealand Government

Unite against COVID-19