

Covid-19 Isolation Clock



The COVID-19 Isolation Clock

How it works for a whānau (household)

Day 0

COVID positive case must isolate for 7 days. Household contacts must also isolate for 7 days. They must also take a RAT on day 3 and day 7.

Anyone who tests positive does not need to be tested again.

Day 0 - a person in your whānau tests positive for COVID-19



Whole whānau goes into isolation together for 7 days

Day 3

All household contacts take a day 3 RAT. Anyone who tests positive becomes a positive case and their 7 day isolation clock restarts.

Anyone who tests negative will continue to isolate for another 4 days.

Day 3 - a second person in your whānau tests positive for COVID-19



New case goes back to day 0, rest of whānau continues from day 3

Day 7

All household contacts take a day 7 RAT. If all tests are negative and nobody has symptoms, household contacts can be released from isolation. If original positive case has no symptoms, they too can leave isolation.

Isolation ends 11:59pm on Day 7

Day 7 - everyone in your whānau except COVID positive people get tested



All tests negative and no symptoms. Everyone on original clock are released from isolation at 11:59pm

Ongoing isolation

Isolation continues for any household contacts who test positive after the original positive case.

Isolation clock has reset and is different from the original clock.

Ongoing isolation for anyone who tests positive after the original COVID case



Second COVID case remains in isolation and continues with their own isolation clock. Whānau members should watch for symptoms and get tested if they feel sick.