

Covid-19 in Phase 3



Positive case: someone who tests positive for Covid-19

Household contact: the people who live in the same house as a positive case

All other contacts do not need to isolate, but should monitor for symptoms and get tested if feeling unwell.

Positive case

Self isolate for 7 days

Inform anyone you have been in contact with that you have tested positive

Focus on your rest and recovery

If you have no symptoms, you can finish isolation at 11:59pm on day 7

Whānau/Household contacts

Self isolate for 7 days

RAT test on day 3 and day 7, or if you have symptoms

If day 7 test is negative, and your whānau member with COVID has no symptoms, you do not need to isolate after day 7

If day 7 test is positive, you now become a positive case

Critical worker exemption (for work only!)

Must be fully vaccinated and have no symptoms

You can go to work and must isolate outside of work hours

Take RAT every day for 7 days

If negative you can continue to go to work

If positive, you now become a positive case

Everyone

Watch for COVID-19 symptoms. If you feel sick, get tested.

Rapid Antigen Test

If negative, get a PCR test

PCR Test

If negative, you do not have COVID-19

If positive, you are now a positive case

If positive, you are now a positive case

Most of your healthcare can be managed by phone and online support.

You will have face-to-face health care if you need it.

Rapid Antigen Test - results after 20 minutes
PCR test - results notified by text. You must stay at home until you receive your results.

Household contacts will be advised how to access free RATs. RAT results must be submitted online at www.mycovidrecord.health.nz or phone 0800 222 478.