

Information for people who have been tested for COVID-19

You have been tested for novel coronavirus (COVID-19) at a community testing centre.

- You have been tested for the virus and are waiting on the results.
- Please follow the advice you were given at the testing centre and [isolate yourself at home](#) until you are advised of your results and the next steps. You will receive your results within five days.

While you are waiting for your test results:

- As much as possible, you should stay in a specific room, away from others in your home.
- Limit your movements, especially in shared spaces. Use a separate bathroom, if available. Limit the number of carers ideally to one person who is in good health.
- Please do not have visitors or go out in the community.
- **If you become more unwell or have difficulty breathing, please call an ambulance on 111 and tell them you are under investigation for COVID-19.**

Your test results

- If the test confirms you do have the virus, you will be contacted promptly, monitored and given further isolation advice by Auckland Regional Public Health Service. You will need to **remain in isolation until you have been symptom free for 48 hours**.
- You will be informed if your test result is negative. You are then free to go about your life once you have been symptom-free for 24 hours, **unless**:
 1. You have recently returned from overseas and have not yet completed your 14-day self-isolation period
 2. Others in your household are under investigation for COVID-19. You will need to stay home until 14 days after your last contact with them if their test is positive.
 3. You have been in close contact with a confirmed case of COVID-19. You will need to stay in isolation for 14 days after your last contact with the case.

If you become unwell:

Free phone Healthline on [0800 358 5453](tel:08003585453), or call your GP if you begin to feel unwell. Tell them you have been tested COVID-19 and are waiting on results. The symptoms are:

- Fever, chills or sweats
- Cough
- Difficulty breathing, shortness of breath.

If you become more unwell or have difficulty breathing, please call an ambulance on 111. Tell them you have been tested COVID-19 and are waiting on results.

When am I infectious?

If you are confirmed as having COVID-19 infection, current information suggests you are potentially infectious and able to spread the virus to others from two days *before* you first developed symptoms, until two days after your symptoms stop.

Should I wear a facemask?

You should wear a facemask when you are around other people (such as sharing a room or vehicle) and before you enter a healthcare facility. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a mask if they enter your room. If the mask gets damp or dirty, it must be changed immediately and should not be reused. Carefully put it in a lined rubbish bin - avoid touching the front of the mask.

What does isolation mean?

Please stay at home in isolation so you do not spread COVID-19 to other people. Do not go to work, school, preschool, university, group or social activities, sports, or public places like movie theatres, shopping malls, supermarkets, other food markets and cafes. Do not use public transport, ride-share or taxis, or visit others. Do not go to hospital to visit people, for outpatient appointments, or for surgery unless you need urgent hospital care. Please call the hospital if you need to reschedule any appointments. More [self-isolation advice](https://www.covid19.govt.nz/self-isolation-advice) is available at [covid19.govt.nz](https://www.covid19.govt.nz).

What about my family living with me?

Self-isolation is also required for your household contacts. If your test is negative they will be told to come out of self-isolation *unless* they have returned from overseas ([except Category 2 Pacific countries](#)) and need to complete 14 days self-isolation. If you test positive for COVID-19, members of your household will have been exposed to the virus as they have been in close contact with you while you have been infectious. Your public health service will be in contact with members of your household and close contacts to provide further advice.

If family members, friends or contacts develop any of these symptoms, they should contact their doctor (but phone first). The symptoms are:

- fever, chills or sweats
- cough
- difficulty breathing

If your contacts have difficulty breathing, they should seek medical attention urgently (call ahead) and say they are a close contact of someone under investigation for COVID-19.

How can I protect others?

- Cover your coughs and sneezes with disposable tissues, or cough or sneeze into your crooked elbow. Place used tissues in the rubbish bin, wash your hands thoroughly with soap and water, then dry them well. Wash your hands often through the day with soap and water. You can use hand sanitiser if soap or water are not available.
- Avoid sharing household items such as dishes, drinking glasses, cups, eating utensils, towels, toothbrushes or bedding with others in your home. After use, these items should be washed thoroughly with detergent and water. Please clean computer keyboards, desks and other surfaces regularly, especially before others use them.
- Maintain your distance (keep two metres or more away) from others whenever possible.
- Stay in your home or accommodation, unless you are getting medical care. If you have to go outside the house, please wear a face mask if you have one, and keep at least two metres away from other people.

If you have concerns, free-phone the 24-hour COVID-19 line on 0800 358 5453 or ARPHS on 09 623 4600.

For more information visit [covid19.govt.nz](https://www.covid19.govt.nz) or [Auckland Regional Public Health Service: www.arphs.health.nz](https://www.arphs.health.nz).