

## Information for people who do not need testing for COVID-19

**You have visited a community testing centre and were assessed as not needing to be tested for COVID-19.**

- We have decided you do not need to be tested for COVID-19 and can go about your life as normal.
- You do not need to self-isolate.
- However it is important you know the symptoms of COVID-19 and how to protect yourself and others.

### **If you develop symptoms:**

Free phone Healthline on 0800 358 5453, or call your GP if you begin to feel unwell. 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.**

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### **What is COVID-19?**

COVID-19 is a new virus that can affect your lungs and airways. It's caused by a type of coronavirus. There are simple steps you can take to protect you, your family and whānau.

### **What are the symptoms?**

The symptoms of COVID-19 are:

- a fever (at least 38°C)
- a cough
- shortness of breath.

These symptoms do not necessarily mean you have COVID-19. The symptoms are similar to other illnesses that are much more common, such as colds and flu.

### **How to protect yourself and others**

- Cough or sneeze into your elbow or by covering your mouth and nose with tissues.
- Put used tissues in the bin or a bag immediately.
- Wash your hands with soap and water often.
- Try to avoid close contact with people who are unwell.
- Don't touch your eyes, nose or mouth if your hands are not clear.
- Clean and disinfect frequently touched surfaces and objects such as doorknobs.
- Stay home if you feel unwell.

## How it spreads

Like the flu, COVID-19 can be transmitted from person to person. The scientific evidence confirms that COVID-19 is spread by droplets. When an infected person coughs, sneezes or talks, they may generate droplets containing the virus. These droplets are too large to stay in the air for long, so they quickly settle on surrounding surfaces.

People may get infected by the virus if they touch those surfaces or objects, and then touch their mouth, nose or eyes.

That's why it's really important to use good hygiene, regularly wash and thoroughly dry your hands, and use good cough and sneeze etiquette.

## 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](#) is available at [covid19.govt.nz](https://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 dedicated, 24-hour coronavirus line on 0800 358 5453 or ARPHS on 09 623 4600.**

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