



COVID-19 (Novel Coronavirus)

Information for a suspected case who is not tested

You have been seen by a doctor or nurse who thinks you have symptoms of COVID-19 but has decided not to do a test for COVID-19.

It is very important that you are in self-isolation and follow the instructions on this information sheet to protect yourself and others.

What does self-isolation mean?

Self-isolation means staying at home. This helps prevent the spread of COVID-19 to others.

Do not go to work, supermarkets, pharmacies, school, preschool, university, group or social activities, church, sports, or public places like cinemas, shopping malls, food markets and cafes. Do not use public transport, ride-share or taxis, or visit others. Do not have visitors come in to your house.

Do not go to hospital to visit people, for outpatient appointments, or for surgery unless you need urgent hospital care. If you do need urgent medical care, please phone first and advise that you may have COVID-19. Please call the hospital if you need to reschedule any appointments.

If you become more unwell, call the free 24/7 Healthline number for advice: 0800 358 5453.

If it is urgent or if you have difficulty breathing, please call an ambulance on 111 and tell them that you may have COVID-19.

More self-isolation advice is available on-line at covid19.govt.nz, or call the free 24/7 Healthline number above. Interpreters are available.

What about my household and other close contacts?

Your household and other close contacts (those in your 'bubble') are advised to be very careful with physical distancing, hand hygiene and cough etiquette, and immediately self-isolate and phone Healthline if they get any symptoms that may be COVID-19.

Please immediately tell your doctor or nurse assessing you if there is an essential worker in your household. **If there is someone in your 'bubble' who is an essential worker you should be tested and they must stay at home and not go to work until you know your test result and have received further advice from a health professional.**

When can I come out of self-isolation?

You must stay at home (self-isolate) until:

- It is more than 10 days after the start of your symptoms
AND
- You have been free from all symptoms for at least 48 hours.

Once you have come out of this self-isolation it is important to maintain good hygiene and handwashing practices. Even once you have recovered, you will be required to follow the current national guidance relating to alert levels, staying home and contact with others.

How can I protect others at home while I am in self-isolation?

- If possible, have your own room and use a separate bathroom/toilet.
- Cover your coughs and sneezes with disposable tissues, or cough or sneeze into your elbow. Please place used tissues in the rubbish bin.
- Wash your hands often, for at least 20 seconds, with soap and water. Then dry them thoroughly. Use hand sanitiser if no soap or water is available.
- Avoid sharing household items such as dishes, drinking glasses, cups, eating utensils, towels, toothbrushes or bedding with other people 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 other people whenever possible.
- Stay in your home or accommodation, unless you are getting medical care. (You may go outside in to your yard or garden, if you have one, but do not leave your property).

If you have any questions about this information and advice, or you or your household have any difficulties with self-isolation or looking after yourself, please call Toi Te Ora Public Health on free phone 0800 221 555 and ask to speak to the on-call Health Protection Officer, or email enquiries@toiteora.govt.nz.

Thank you for helping prevent any spread of novel coronavirus in your community. Your ongoing support with this follow up is much appreciated.