Information for people who are being tested for COVID-19 because they have symptoms, but very low risk of COVID-19

You are being tested because you are **unwell with symptoms** that could be COVID-19. The symptoms you have can also be caused by many other viruses, like influenza. You have a very low risk of having COVID-19 because you have not been identified to have exposure to a situation that could increase your risk of getting COVID-19 (such as recent travel or working at New Zealand's border). This means although you may be tested for COVID-19, you do not need to isolate while waiting for your result.

This information does not apply to people who have travelled recently or work at New Zealand's international border. There is other, specific information for those people.

We are only testing you today for COVID-19.

What happens next?

- You will have a swab taken from the back of your nose or throat.
- The **results are usually back within 1-3 days.**
- You don't need to stay in self-isolation until you get your test result back and may go about your life as usual under the current Alert Level while you wait for your result. However, we recommend you stay at home while you have symptoms to prevent others from becoming unwell.
- If you have not received notification of your result after 5 days, please follow up with the place your test was done or contact your General Practitioner to seek advice.

What do I do if I start to feel worse?

If you feel worse, you should phone your GP or ring Healthline on 0800 358 5453. Healthline operates 24/7 and interpreters are available. You need to **let them know you have been tested for COVID-19 already**.

If you have difficulty breathing, are severely unwell or it is an emergency, call for an ambulance on 111. Tell them that you are awaiting a COVID-19 swab result.

What happens next if my result is negative?

If your test result is **negative** you will be notified about it via **text message** or a phone call. The message will direct you to Auckland Regional Public Health Service (ARPHS) (https://bit.ly/ARPHSNegRes) for further instructions. You should **stay home until your symptoms settle**, so you don't pass the illness you have on to others. If in doubt, phone your GP or ring Healthline on 0800 358 5453.

Having a negative test now does not mean you can't get COVID-19 in the future. If you become unwell again with symptoms that could be COVID-19 you may need to be tested again.

What happens next if my result is positive?

- If you have a confirmed **positive** result someone from Auckland Regional Public Health Service will call you to tell you.
- The Public Health Service will talk with you more about what this means for you, including how long you will need to stay in isolation for. You will be supported to access any extra help you need.
- The Public Health Service will ask you about all the people you have had contact with recently and some of those people will be asked to stay at home (in quarantine) in case they become unwell too.

What happens to the information collected about me?

Your information will be shared with those who are monitoring and managing COVID-19 in our community. We will only use and disclose your personal information if that is permitted by law. Within the national response to COVID-19 disclosure may occur to your GP, healthcare organisations such as Public Health, and the Ministry of Health, your employer, and your whānau, for example so that contact tracing can be done. You have a right to access and correct information held about you.

How can I protect myself and others from COVID-19?

- Thoroughly wash and dry your hands often through the day. Use soap and water.
- Cover your coughs and sneezes with disposable tissues, or cough or sneeze into your bent elbow. Place used tissues in the rubbish bin, wash your hands thoroughly with soap and water, then dry them well.
- Clean surfaces regularly, especially before others use them.
- Maintain your distance from others whenever possible.

Where can I go for more advice?

For medical advice call Healthline on 0800 358 5453. Healthline operates for advice 24/7 and interpreters are available. Note, Healthline will NOT be able to access your results.

You can get more information from Auckland Regional Public Health Service: www.arphs.health.nz. For general help and advice about the COVID-19 situation in New Zealand you can visit www.covid19.govt.nz or call the free government helpline on 0800 779 997 (8am to 10pm, seven days a week).

Unite against COVID-19