COVID-19 Testing: Information for People Who Do Not Need To Be Tested Today for COVID-19

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

- You 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.

Why were you assessed as not needing to be tested today for COVID-19?

People should be swabbed for COVID-19 if they have symptoms of COVID-19. Some people who don't have symptoms are tested because they are being investigated or managed as part of a COVID-19 case or cluster, or as requested by the Ministry of Health. Otherwise, people without symptoms don't usually need testing.

In general, testing is not indicated for people without symptoms prior to returning to work or school. Swabbing for COVID-19 provides a result only at the time of testing. It is not reassuring or helpful for predicting if people are 'safe' to return to work. There are many things to consider for keeping everyone safe in the workplace and at places of learning. Information for employers can be found at Employment New Zealand and on Worksafe Mahi Haumaru Aotearoa. Ministry of Education have information for schools and early childhood education providers.

If you develop symptoms

If you develop any symptoms of COVID-19 you should organise to get tested, either at this or another community testing centre, or speak with your GP about where you can get tested. You should then stay at home in self-isolation while waiting your test results, and if you are employed, let your manager know. The symptoms of COVID-19 are
- cough
- sore throat
- shortness of breath
- runny nose
- loss of sense of smell
- fever

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. However it is important to be tested for COVID-19 if you do have these symptoms.

If you feel worse, you should phone your GP or ring Healthline on 0800 358 5453.

If you develop difficulty breathing, are severely unwell or it is an emergency, you should call an ambulance on 111.

Unite against COVID-19

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

- Wash your hands often through the day with 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 you can call Healthline on 0800 358 5453 for advice 24/7.
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).