Information for people who present for testing for COVID-19 but have mild symptoms, and very low risk of COVID-19

You have come for a COVID-19 test because you are **unwell with symptoms that you are concerned about.** The symptoms of COVID-19 include cough, sore throat, shortness of breath, runny nose, loss of sense of smell, fever. These symptoms can also be caused by many other viruses, like influenza and other more common winter illnesses. 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 our staff will talk with you to help you decide whether or not you get tested today. If you go ahead with testing, our staff will give you more information about the testing process and what you need to do next.

Should I get tested?

Because there is no known community spread in Auckland **the only people in our community who need to be tested are people who have symptoms <u>and</u> are at higher risk of contracting COVID-19**. The last community case of COVID-19 in Auckland was reported on 22 May 2020. Since that time we have done more than 50,000 community tests - all negative.

People are at higher risk of getting COVID-19 if in the 14 days before their symptoms started:
- They were in contact with a confirmed or probable case of COVID-19
- OR travelled overseas
- OR had direct contact with a person who has travelled overseas within the past 14 days (eg Customs and Immigration staff, staff at quarantine/isolation facilities)
- OR worked on an international aircraft or shipping vessel
- OR cleaned at an international airport or maritime port in areas/conveniences visited by international arrivals.

In addition, if the Auckland Regional Public Health Service advises people to be tested, their advice should be followed.

Other people may be tested if they have symptoms that could be COVID-19 and choose to be tested as part of understanding if there is any COVID-19 that we don't know about in our communities. Sometimes this is called surveillance testing.

What do I do if I decide not to have a test but 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 NOT been tested for COVID-19.**

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

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.

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