

# Self-isolation



Thank you for taking the time to be assessed for COVID-19  
**You must self-isolate immediately**

You meet the higher risk or close contact criteria for COVID-19 so need to self-isolate, you legally must do so immediately. Please go straight home. Do not go anywhere else (e.g. pharmacy, or supermarket). You should self-isolate while waiting for test results and until you are told you no longer need to do so by a public health official.

## You have had a COVID-19 swab collected

The test results will be sent to your GP/doctor as soon as they are available and you will get a text notification with your result, or you can check on your primary care app. Results can take 1-3 days so please be patient. If positive, you'll receive instructions and advice directly from a public health official.

Patient Label

Name: \_\_\_\_\_

NHI: \_\_\_\_\_ DOB: \_\_\_\_\_  
dd/mm/yy

Address: \_\_\_\_\_

**Self-isolation means staying at home and taking common sense precautions to avoid close contact with those you live with.**

## What it means to self-isolate at home:



Do not go to work or school. If you are unable to work from home during this time, your employer (or you, if you are self-employed) may be able to apply for leave support to help support you. For more information visit the Work and Income website [www.workandincome.govt.nz/covid-19](http://www.workandincome.govt.nz/covid-19)



Keep a 2-metre distance from your household members and do not share a bed or bedroom with anyone. Do not share items such as dishes, towels, wash cloths, linen, food and drinks. Keep your items separated.



Don't invite or allow visitors, such as friends, family and whānau, in your home (this includes tradespeople).



Limit the time you spend in shared spaces such as bathrooms, kitchens and lounge rooms as much as possible and keep shared spaces well ventilated.



Where possible, ask friends or family to shop for you. If not possible, order supplies online. Make sure any deliveries are left outside your home for you to collect (contactless). If you need help, the Ministry of Social Development website [www.msd.govt.nz](http://www.msd.govt.nz) has information about where you can go.



If you have any symptoms, you should not leave your property to exercise. If you have no symptoms you can go outside and leave your property, but you must avoid contact with other people. It's ok to go for a walk, run or ride your bike, as long as you stay at least 2 metres away from other people.



It is important that you do not use public transport, taxis or similar transport methods

If you need medical help, call ahead to your health provider (GP) or call Healthline on **0800 358 5453**. Make sure you tell them you are self-isolating.

## If you need support during self-isolation:

- **1737, need to talk?**  
– for support with anxiety, distress or mental wellbeing, free call or text **1737** to talk with a trained counsellor for free, 24 hours a day, 7 days a week.
- **Whare Ora** – support with information about COVID-19, health and other support services. Call **0800 whareora** (0800 94273 672)
- **Waikato Welfare Needs Assessment** – support with getting groceries or household goods and services during self-isolation. Call **0800 800 405**
- **Government Helpline**  
– to find out what help may be available, call **0800 779 997** 8am-5pm, Monday to Friday.

For updates and more information on keeping yourself safe, visit **Covid19.govt.nz**

