

Stay-at-home



Thank you for taking the time to be assessed for COVID-19
You need to stay home until you get a negative test result

You meet a contact type criteria so need to stay at home until you get a negative test result or told you no longer need to do so by a public health official.

Please go straight home. Do not go anywhere else (e.g. pharmacy, or supermarket).

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: _____

What does staying at home mean?

Staying at home means staying within your home or residence. You are told to stay at home if you are identified as a possible COVID-19 contact. You should stay at home until you receive a negative test result and until 24 hours after your symptoms resolve. In some cases this may need to be longer, if this applies to you public health officials will guide you.

What to do when staying at home :



Do not go to work or school. If you are unable to work from home while waiting for your COVID-19 test results, a short-term payment may be available to your employer (or you, if you are self-employed) to help support you. For more information visit the Work and Income website www.workandincome.govt.nz/covid-19



If you have symptoms, stay away from your household members if possible.



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.



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



Where possible, ask friends or family to shop for you. If this is 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 has information about where you can go.



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



If you need medical assistance, call ahead to your health provider. Clean your hands with hand sanitiser and put on a face mask before you enter any healthcare facility.

If your symptoms get worse or you become short of breath, contact your doctor (GP) or call Healthline on **0800 358 5453** for advice. Make sure you tell them you are awaiting COVID-19 test results.

Mental wellbeing

It is normal to feel stressed or anxious in these situations. For support with grief, anxiety, distress or mental wellbeing, call or text **1737** the free 'Need to talk?' service to talk to trained counsellor 24 hours a day, 7 days a week.

For updates and more information on keeping yourself safe, visit **[Covid19.govt.nz](https://www.covid19.govt.nz)**

