

You have been tested for COVID-19 today

Please **go straight home**. You will be notified when the result is available, usually between 2-5 days.

If you are a contact of a current case, for the actions you must follow check our website [here](https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-health-advice-public/contact-tracing-covid-19), or go to <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-health-advice-public/contact-tracing-covid-19>.

It is strongly recommended that you:

- ✓ **isolate at home if you have symptoms**
- ✓ **stay at home** while you await your result

If your result is POSITIVE, the Public Health team will call you directly.

If your result is NEGATIVE, you will be advised via text to your mobile phone, unless you specify another method of contact.

If at any stage you feel unwell or develop symptoms, regardless of your result, ring your GP or Healthline on 0800 358 5453, 24/7 and follow their advice.

If you have not received your test results within 5 days, call your GP or the testing centre where your swab was taken.

Testing allows us to identify cases quickly and respond effectively if there are cases of COVID-19 in the community. Thank you for doing your part to keep yourself, your whānau and our communities safe.

REMEMBER the following to protect yourself and others:

- ✓ **Keep scanning** using the COVID Tracer App.
- ✓ **Wear a face covering** (on public transport, flights and when visiting essential services).
- ✓ **Use basic hygiene**; regularly wash and dry your hands, cough or sneeze into a disposable tissue or into your elbow, clean frequently touched surfaces.
- ✓ **Practise physical distancing** in public where possible.
- ✓ If you are unwell:
 - **Stay at home.**
 - Contact your GP or Healthline and **get a COVID-19 test**. This is especially important during winter when colds and flu are more prevalent.
- ✓ **Get vaccinated**
To find out how to get a COVID-19 vaccination [here](#), or go to www.covid19.govt.nz/covid-19-vaccines/how-to-get-a-covid-19-vaccination/

NOTE: *The above does not apply to **border and frontline workers** who are subject to **regular surveillance testing** under Schedule 2 of the Required Testing Order.*