

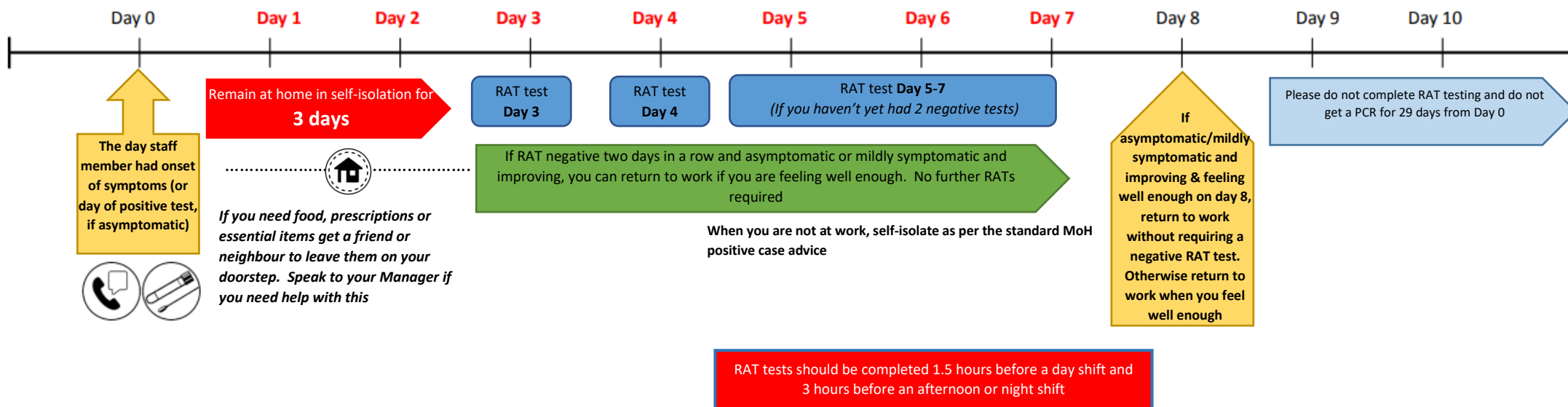
COVID-19 Positive

If critical staff* have tested positive for COVID-19

Complete COVID-19 Self-assessment Questionnaire

Unite
against
COVID-19

Te Whatu Ora
Health New Zealand
Capital, Coast and Hutt Valley



What you need to know:

If you are identified as positive for COVID-19

Stand down and isolate at home:

- Stand down from work for 3 days
- You must remain in self-isolation and only leave home if you are going to see a doctor

If you have symptoms that are more than mild, that are not improving:

- Continue to remain at home
- Continue to keep your manager informed
- Do what you'd normally do with flu-like illness – stay home and seek medical advice if you are feeling worse or not improving

If you have no symptoms, or mild (and improving symptoms):

- If your day 3 test is negative, take another test on day 4 before your shift. Return to work on day 4 if both results are negative, you feel well enough and you are asymptomatic, or you have mild symptoms (and they're improving).
- If your day 3 test was positive but your day 4 test was negative, take another test on day 5. If this is negative, you can return to work if you feel well enough and you are asymptomatic, or you have mild symptoms (and they're improving).
- If you don't have two days in a row of negative results and are feeling well enough with no or mild (and improving) symptoms, you can return to work without further rapid antigen testing on day 8.

Mild symptoms

- No fevers
- Minimal cough/sneeze
- No runny nose
- Feeling well enough to return to work

Returning to Work:

You are able to return to work, after having two negative RAT tests in a row **and you feel well enough to return**. Note there is a small chance you could still be infectious. Therefore please do the following:

- Correct use of a well-fitting fluid resistant medical mask or a N95 that has been fit checked by the user until all residual symptoms resolved or until 10 days post infection
- Practice other IPC measures (hand hygiene, maintain physical distancing)
- Maintain distance from others in shared breaks and eating areas
- Avoid shared or public transport while commuting unless it is unmanageable for you to get to work otherwise

What "self-isolation" for 7 days means to Critical healthcare workers:

You can only leave home if you are going to see your doctor, or going to work. When you are not at work, self-isolate as per the standard MoH positive case advice until after day 7 post onset of symptoms, or positive test if asymptomatic (Day 8)

*Critical worker is any healthcare worker (including employees, partner employees, contractors, volunteers, students) that needs to leave their home to perform work