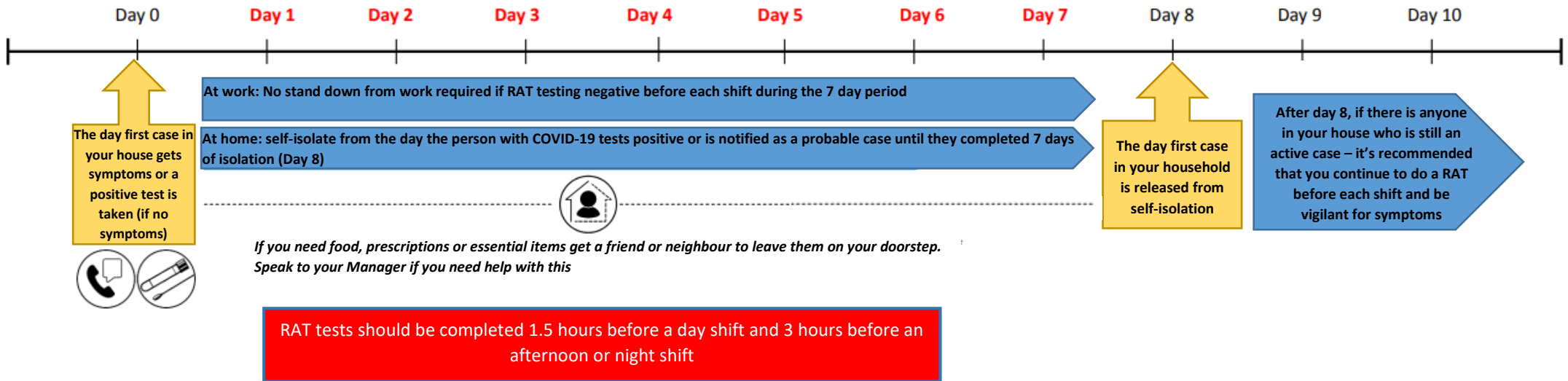


Household Close Contact

When critical staff* live with people who have COVID-19

Complete COVID-19 Self-Assessment Questionnaire



What you need to know:

No stand down for critical healthcare workers if the following is in place:

- You have no symptoms
- You have a negative test before each shift

If you are able to work:

- Correct use of at least a medical mask or N95 respirator. Speak to your Manager if you need further advice.
- Be very careful if in shared breaks and eating areas, noting the transmission risks described above
- Avoid shared transport for work commuting unless it is unmanageable for you to get to work otherwise
- Be vigilant for symptoms. Stay home if symptoms develop
- Outside of work, continue to follow public health instructions for household contacts.

When do I need to test:

- Before coming to work
- Any time you develop symptoms
- If your RAT is positive, you no longer need to get a PCR test. Please complete the COVID-19 Self-Assessment Questionnaire to identify you are now a positive case

Recording your test results:

Remember to record each test on your MyCOVID record <https://mycovidrecord.health.nz/>

***What "self isolation" means to critical healthcare workers:**

You can only leave home if you are getting a COVID-19 test, or going to work. When you are not at work, self-isolate as per the standard household contact advice until the first case is released from their self-isolation on Day 8

What is the definition of household close contact?

You are a household contact if you normally share a residence with a person who has tested positive. This includes anyone who:

- Shares a house or flat on a permanent or part-time basis (for example, shared custody) with someone who has tested positive for COVID-19, **and**
- You spent at least one night or day (more than 8 hours) in that residence while the person with COVID-19 was infectious

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