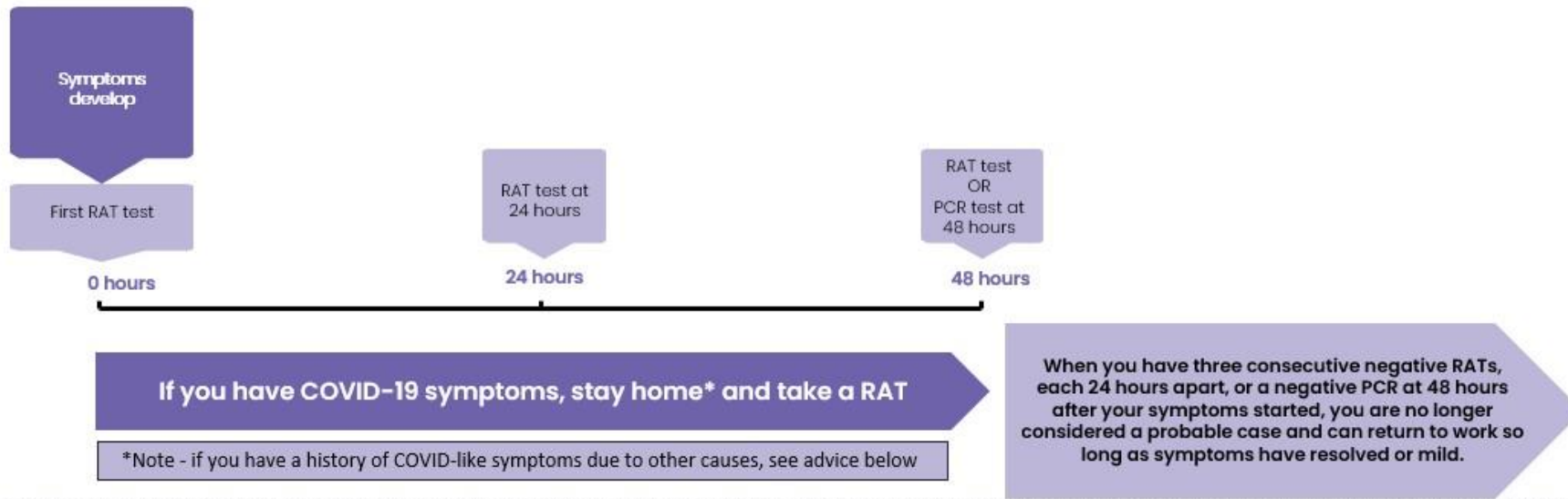


Symptomatic but not confirmed COVID-19

Healthcare workers | Symptomatic but not confirmed COVID-19



What you need to know:

Use this advice if:

- ✓ You have COVID-19 symptoms but you are NOT a confirmed COVID-19 case

If you develop new COVID-19 like symptoms:

- Stay at home and immediately take a RAT.
- Only return to work if symptoms have resolved or are mild and after three negative RATs, 24 hours apart, or negative PCR at 48 hours.

If you have a history of COVID-like symptoms due to other causes (e.g. hayfever, asthma):

- you can continue working as long as you take a negative RAT and symptoms are mild.
- Take three consecutive negative RATs, 24 hours apart, to confirm the symptoms are not COVID-19.

COVID-19 Symptoms

- The full list of COVID-19 symptoms is available on the Ministry of Health information [About COVID-19](#).

Definition of mild symptoms

- No fevers (without fever-reducing medication such as paracetamol)
- Minimal cough/sneeze
- Minimally runny nose (you have occasional sniffing but do not need to remove your mask to wipe your nose)
- Feeling generally well enough to return to work