

# What to do when you have COVID-19 symptoms



## Got any symptoms?

- Cough   Temporary loss of taste
- Sneezing and runny nose   Sore throat
- Fever   Shortness of breath



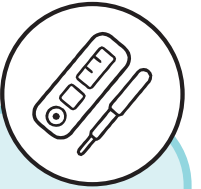
**Organise a test and isolate from the rest of your household.**

## No symptoms?

Unless you are a household contact, you don't need to get a test.

## Where to get a test

Get a test at a community testing centre. You can order a Rapid Antigen Test (RAT) online at [requestrats.covid19.health.nz](https://requestrats.covid19.health.nz) and collect from a collection site, which can be found on [healthpoint.co.nz/covid-19](https://healthpoint.co.nz/covid-19)



## Do the RAT

- Follow the packet instructions.
- Results will be visible 15 to 20 minutes after you complete your test.



## Positive result

For most people, COVID-19 will cause mild to moderate symptoms that can be managed at home.



## Negative result

There's no need to isolate. Enter your result at My COVID Record. **Stay vigilant.**

## Report your test result

- Enter your positive RAT result at **My COVID Record** or call **0800 222 478**.
- A text message will be sent to you within 24 hours with further information and support.

## Let people know

Inform others your household has COVID-19 and is isolating, like regular visitors, your work, education provider or school.

## How to self-isolate

- You and everyone who lives with you will need to isolate.
- Take common-sense precautions to avoid any contact with those you live with.
- Food and supplies must be delivered contactlessly.
- You can exercise outside your home in your neighbourhood, but not at any shared exercise facility, such as a swimming pool or gym.

## Household contact

While isolating, your household contacts will need to be tested.

- If a household contact tests positive, they will need to self-isolate, starting from the day of their symptoms or positive test result.
- The rest of your household contacts can end their self-isolation at the same time as you.

## Monitor your symptoms

Seek advice if symptoms get worse by calling Healthline on **0800 358 5453**. **If it's an emergency call 111 immediately.**



## Extra support

Most people can manage self-isolation with support from whānau and friends, but there is help available if you need it. Go to [workandincome.govt.nz](https://workandincome.govt.nz) or call the **COVID Welfare Line** on **0800 512 337**.

## Financial support

If you can't work from home while you're self-isolating, your employer may be able to apply for the Leave Support Scheme to help pay your wages or salary, even if you are a part-time or casual employee.

For more information about testing positive, head to:



[Covid19.govt.nz/positive](https://Covid19.govt.nz/positive)