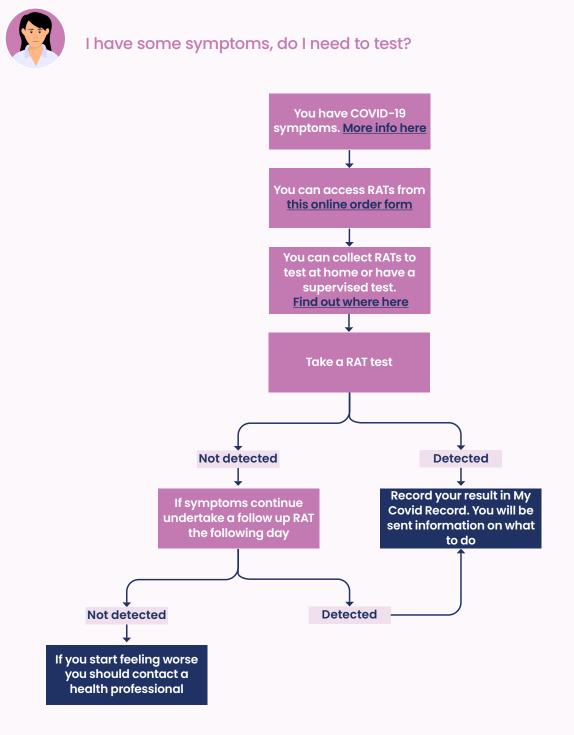
# **COVID-19** - Testing guidance



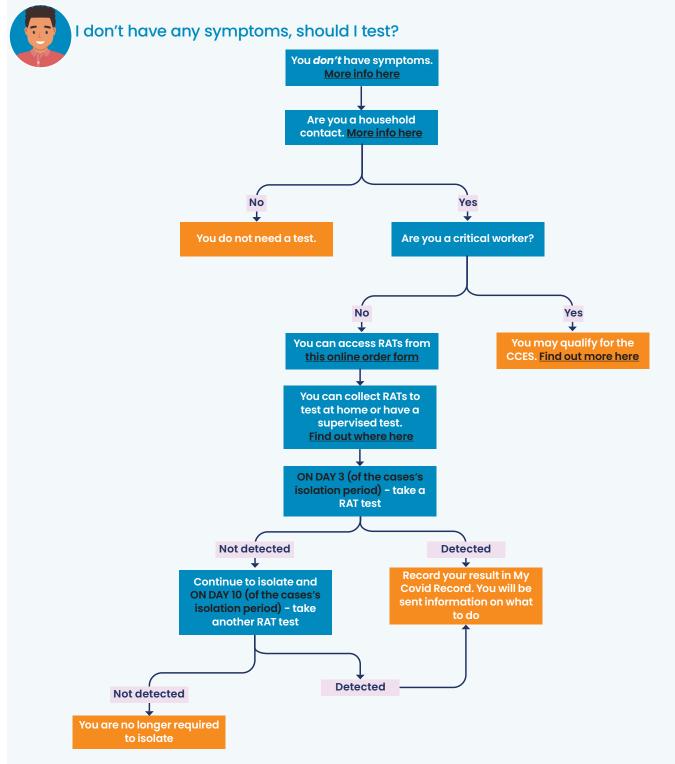
#### **Key messages**

- If you become a case, you will likely be notified by text. Some may be called.
- You should tell your household, workplace and any other places which may have been exposed (e.g. schools).
- You will need to self-isolate at home for 10 days from when you got tested, or when your symptoms started.



### New Zealand Government

## COVID-19 - Testing guidance



### Key messages

- Even if other members of your household test positive, if you remain asymptomatic and have a negative day 10 RAT test (day 10 of first household case) then you can leave isolation.
- If you live with someone who has COVID-19, you need to self-isolate. <u>Isolation rules are here.</u>
- You should only wait until day 10 for your follow up test, if you don't get symptoms.
- If you are unwell or need advice you should contact a health professional.



### New Zealand Government