

COVID-19 INFORMATION

You have tested **POSITIVE for COVID-19** and you now need to isolate at home for at least **10 days** from when your symptoms started, or if you don't have any symptoms - from the day you had your test. You will need to monitor your symptoms and it is important that you contact a Health Professional if you are becoming more unwell.

Here are links to useful COVID-19 information -

- An overview of COVID-19 Symptoms and what to do if you become more unwell.
<https://www.healthnavigator.org.nz/health-a-z/c/covid-19-positive-care-at-home/>
- Link to the Self Isolation website - which provides more information about all aspects of isolating and may answer any questions that you have. It also contains a link to a health diary that you may wish to complete to monitor your symptoms.
<https://immunisation.northernregion.health.nz/whanauhq/>
- Information to caring for a COVID-19 positive child
<https://www.healthnavigator.org.nz/health-a-z/c/covid-19-positive-caring-for-your-child-at-home/>
- These and other useful links can found on the Resources page on our website
mtdenvillagedoctors.co.nz

The current information for **household contacts** is -

- Everyone you live with needs to return home and isolate for at least **10 days**.
- This is because they have been near you while you are infectious. They may have caught COVID-19 too, but it can take up to 7 days before they get symptoms or test positive.
- They should not leave the house for any reason, except to get tested or for urgent medical attention.
- They need to get a test if they become **symptomatic** and on **Day 3 and day 10** of their isolation period.
- They can end their self-isolation on the same day as you (the first person with COVID-19 in the household), provided they have no new or worsening symptoms AND their day 10 test was negative.
- This will mean your household can complete isolation at the same time as the case, if all tests are negative.

Only household contacts are now considered to be close contacts.

If you have any concerns that your symptoms are worsening -

During office hours - please call us for a review. 09 6306981.

Outside of work hours - please call Covid Healthline on 0800 687 647 (free to call, 24 hours a day)

If you have any severe or worsening symptoms - Please call an ambulance - 111

Severe symptoms require Hospital Assessment

- New shortness of breath at rest, movement or unable to talk in full sentences.
- Sudden onset of shortness of breath with or without chest pain.
- Unable to stand, or new onset of multiple faints or falls.
- New confusion or abnormally drowsy.
- Severe dehydration – minimal fluid intake with little or no urine output.
- Rapid deterioration.

If you remain well and do not need help from a Health Professional, you are able to self discharge after 10 days. You DO NOT need to have another test.