Isolation advice for COVID-19 contacts

August 2021

You will be asked to isolate if you have been in contact with a COVID-19 case. This is to keep the community safe.

What you need to do depends on your risk of passing the virus to others.

## How you will know you are a contact?

You will know you are a contact of a person who has COVID-19 if you get an alert through the NZ COVID Tracer app, or if our contact tracing team contacts you.

You will need to check any locations of interest. Locations of interest and the actions you need to take will be on the Ministry of Health website. These actions will depend on your risk of exposure to COVID-19. Contact tracers will also tell you any actions required.

Staying at home

If you are asked to stay at home, you need to stay within your home or residence. Household members can come and go from the house as normal.

## Self-isolation

If you are asked to self-isolate, you need to stay at home and stay away from other members of your household (for example, have no physical contact, minimise time in shared spaces and do not share household items).

### What you must do if you’re told to self-isolate

If you have COVID-19 symptoms, or you have come into close contact with someone who has COVID-19, your household (flatmates, family, etc.) may also be required to stay at home until you receive a negative test result; public health officials will provide you with advice.

### What it means to self-isolate at home

#### You should not go to work or school

If you are unable to work from home during this time, your employer (or you, if you are self-employed) may be able to apply for support. For more information visit the [Work and Income website](https://www.workandincome.govt.nz/covid-19/leave-support-scheme/index.html). Or you can take this link <https://www.workandincome.govt.nz/covid-19/leave-support-scheme/index.html>

#### You need to physically distance

Maintain a 2-metre distance from your household members. You should not share a bed or bedroom with any member of your household.

Minimise the time you spend in shared spaces such as bathrooms, kitchens and sitting. Keep shared spaces well ventilated.

#### You should not go outside if you have COVID-19 symptoms

If you do not have symptoms you can leave the house, but you need to avoid contact with other people. It is okay to go for a walk, run or ride your bike, but you need to stay at least 2 metres away from other people.

If you do leave the house, it is recommended that you wear a facemask.

If you have any COVID-19 symptoms, you should not leave your property to exercise.

It is important that you do not use public transport, taxis or similar transport methods as this increases the risk for those around you.

If you need medical assistance, call your health provider beforehand and tell them you are a contact of someone who has had COVID-19. Clean your hands with hand sanitiser and put on a facemask before you enter any healthcare facility.

#### Ask friends or family to shop for you

Where possible, ask friends or family to shop for you. If this is not possible, try to do your shopping online. Make sure any deliveries are left outside your home for you to collect.

If you need assistance, the Ministry of Social Development has information about where you can go for services and support, what you can get help with, and contact information. Visit the [Ministry of Social Development website](https://www.msd.govt.nz/about-msd-and-our-work/newsroom/2020/covid-19/where-to-go-for-services-and-support.html). Or you can visit the Ministry of Social Development’s website at this link: https://tinyurl.com/edbmfn4x

#### You should not have visitors

You should not have visitors in your home (including tradespeople). It is still important to stay connected with friends and family, however, ensure that these are not face-to-face interactions.

### What do I do if I need to self-isolate, but I require care?

Your personal essential care services can continue, such as toileting, washing and feeding.

If you are a contact of a case, your carers must use good hand hygiene and physically distance when possible. If this is not possible, they must wear personal protection equipment like disposable gloves and masks.

### What if I am unable to self-isolate?

If you are unable to self-isolate at home, your local public health official will help determine where you are best able to self-isolate safely. This may be in a Managed Isolation and Quarantine facility (MIQF). These facilities are in hotels across New Zealand.

## Managed Isolation and Quarantine

Managed Isolation and Quarantine (MIQ) involves staying at a Managed Isolation and Quarantine Facility (MIQF). It is an important part of our border measures to keep COVID-19 out of New Zealand.

Those returning to New Zealand are legally required to stay in a managed isolation facility for a minimum of 14 days. This starts from the time and date they arrive in New Zealand.

Take the following link to [find more information about Managed Isolation and Quarantine](https://www.miq.govt.nz/) or take this link <https://www.miq.govt.nz/>

### Ends