

Self-isolation after COVID-19 testing

All people with symptoms of COVID-19 should have a test. COVID-19 symptoms include a new or worsening cough, a sore throat, shortness of breath, head cold symptoms and loss of the sense of smell. The symptoms may or may not include a fever. Symptoms of the more recent types of the virus often include deep tiredness and muscle aches.

Some people can be tested for COVID-19 without symptoms. This includes people at a higher risk of having COVID-19 or when the Medical Officer of Health requires testing.

People with a higher risk of having COVID-19

Some people have a higher risk of having COVID-19. This includes people who've:

- been in contact with someone with COVID-19
- travelled overseas
- worked on an international plane or ship
- been in direct contact with someone who had travelled overseas (this includes border and quarantine hotel workers)
- exited a quarantine facility.

Getting your result

You'll be contacted with your test result as soon as possible. It can take more than 24 hours to get your result. **Self-isolation after having a COVID-19 test**

Self-isolate until you've received your test result. If your result is:

- **Positive:** carry on self-isolating.
- **Negative:** if you aren't in one of the high-risk groups listed above, you can return to your normal activities once your main symptoms of illness have gone
 - if you work at the border and have contact with people from overseas, you can return to your normal activities after your main symptoms of illness have gone, unless you're advised otherwise by Community & Public Health
 - if you're a contact of someone with COVID-19, refer to [this guidance from the Ministry of Health](#) for information on types of contacts and when to isolate.

Self-isolation after asymptomatic COVID-19 testing

- Asymptomatic COVID-19 testing is when you're tested for COVID-19 without symptoms.
- If you're a border worker being tested without symptoms under the border order, you don't have to self-isolate while waiting for your result.
- If you're being tested without symptoms at the request of the Medical Officer of Health, you should follow the guidance you're given about self-isolation and further testing.

If you're being tested without symptoms for community surveillance without having contact with someone with COVID-19, you don't have to self-isolate while waiting for your result.