

Positive COVID test

You have tested positive for COVID-19

You and everyone in your household must now isolate for **10 days**.

- Your isolation period is calculated from the first day of symptoms OR the date of your positive test if you do not have symptoms.
- Any household contacts (who don't have COVID) **must** perform a COVID RAT test on days 3 and 10 of the isolation period, or as soon as they develop symptoms.
- You can self-release from isolation at midnight after 10 days of isolation if you have recovered. If you remain unwell, please continue to self-isolate and contact us for advice.
- If you need support getting essentials such as food or medicine, please organise contactless delivery. If you need extra help, **please phone 0800 268 366 (local COVID Hub) or 0800 559 009 (Work and Income)**.
- If you are concerned about your health, especially if you develop problems with your breathing, please phone us on (03) 352 6152 8.30am to 5.30pm. If it is out of hours, please phone the local **COVID Hub on 0800 268 366**, or **Healthline on 0800 358 5453**. If you need urgent medical help, **phone 111 and tell them that you have COVID-19**.
- For information, support or advice around being a COVID case, and for other helpful information, visit <https://covid19.health.nz/advice/>

Please do not hesitate to contact us for support.

We wish you well in your recovery.

Main North Road Medical Centre

102 Main North Road, Papanui, Christchurch

(03) 352 6152