

# Novel Coronavirus (COVID-19)

## Information for people under investigation for COVID-19

### You are under investigation for novel coronavirus (COVID-19).

Your doctor has tested you for the virus, and may be waiting on the results. Please follow your doctor's advice and [self-isolate](#) at home until you are advised of your results and the doctor's recommendations.

- Anyone who lives with you in your household should also self-isolate while you wait for the test results.
- It's important that you maintain physical distance from each other (at least two metres where possible), and it's vital to practise good cough, sneeze and hand hygiene.
- If your household contacts start developing symptoms, they should immediately call Healthline (0800 358 5453) and tell them they are a household contact of someone under investigation for COVID-19.

**If you become more unwell or have difficulty breathing, please call an ambulance on 111 and tell them you are under investigation for COVID-19.**

---

### If your test result is POSITIVE (you have COVID-19)

1. You will be contacted promptly, monitored and given further advice by Auckland Regional Public Health Service or Ngā Tai Ora - Public Health Northland.
2. You must [self-isolate](#) at home (if you do not require hospital care) until 48 hours after your symptoms have stopped AND for at least ten days since your symptoms started.
3. Ask someone else to pick up essential supplies on your behalf to make sure you have everything you need. They must leave these at the door and not come inside.

## If your test result is NEGATIVE (you do not have COVID-19)

If your result is negative and you have been *completely well* for 48 hours, you can go out for essential supplies (e.g. from supermarkets and pharmacies) and local exercise, **UNLESS:**

1. Others in your household have COVID-19 or are under investigation/being tested for COVID-19. If their test is positive, you will need to [self-isolate](#) for 14 days after they have completely recovered.
2. You have been in close contact with a confirmed case of COVID-19. You will need to stay in [self-isolation](#) for 14 days after your last contact with the case.
3. You have returned from overseas in the past 14 days. You will need to stay in self-isolation for 14 days:
  - a) If you travelled by air, the 14 days will start from the time you disembarked in New Zealand.
  - b) If you travelled by sea, it will start from the time you left your last international port.

**You cannot leave home, to shop for essential supplies or exercise, until your 14-day self-isolation is finished.**

4. Doctors consider you are a 'probable' case, even though your test result came back negative or inconclusive. This is because your symptoms and history indicate you are more likely to have COVID-19 than any other illness. Your doctor will give you specific advice about your ongoing self-isolation.

### What does [self-isolation](#) mean?

This means staying at home in case you have COVID-19, so you don't spread it to other people. As much as possible, you should stay in a specific room, away from others in your home. Do not go to hospital for appointments or procedures unless you need urgent hospital care. Call the hospital to reschedule these. Detailed advice about self-isolation, what it means and how to [self-isolate](#) effectively are available at [www.covid19.govt.nz](http://www.covid19.govt.nz) website. You can also call the free 24/7 Healthline number: **0800 358 5453** for health advice. Interpreters are available.