What to do when you have COVID-19 symptoms



Got any symptoms?



Temporary loss of taste

runny nose



Sore throat



Shortness of breath



Organise a test and isolate from the rest of your household.

No symptoms?

Unless you are a household contact, you don't need to get a test.

Where to get a test

Get a test at a community testing centre. You can order a Rapid Antigen Test (RAT) online at requestrats.covid19.health.nz and collect from a collection site, which can be found on healthpoint.co.nz/covid-19

Do the RAT

- · Follow the packet instructions.
- Results will be visible 15 to 20 minutes after you complete your test.



Positive result

For most people, COVID-19 will cause mild to moderate symptoms that can be managed at home.



Negative result

Enter your result at My COVID Record.

Stay vigilant.

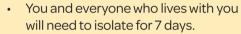
If you have symptoms stay home and test the next day.

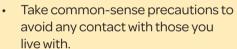
Report your test result



2. A text message will be sent to you within 24 hours with further information and support.

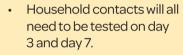
How to self-isolate

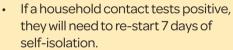




- Food and supplies must be delivered contactlessly.
- You can exercise outside your home in your neighbourhood, but not at any shared exercise facility, such as a swimming pool or gym.

Household contact





You don't need to start your isolation time again if another housemate tests positive, as long as your final test is negative.

Let people know

Inform others your household has COVID-19 and is isolating, like regular visitors, your work, education provider or school.

Monitor your symptoms

Seek advice if symptoms get worse by calling Healthline on 0800 358 5453. If it's an emergency call 111 immediately.





Extra support

Most people can manage self-isolation with support from whānau and friends, but there is help available if you need it. Go to workandincome.govt.nz or call the COVID Welfare Line on 0800 512 337.

Financial support

If you can't work from home while you're selfisolating, your employer may be able to apply for the Leave Support Scheme to help pay your wages or salary, even if you are a part-time or casual employee. For more information about testing positive, head to:



Covid19.govt.nz/positive



出现新冠症状时该怎么办



出现症状了吗?

咳嗽



暂时性味觉 丧失

打喷嚏和流鼻涕



喉咙疼

发烧



呼吸急促



进行检测并与家庭其 他成员隔离开。

没有症状?

除非您是家庭接触者,否则您不需 要接受检测。

去哪里进行检测

在社区测试中心进行检测。

您可以在requestrats.covid19.health.nz在 线订购快速抗原检测剂(RAT),并从收集 站点领取,收集点可在healthpoint.co.nz/ covid-19网站上找到

接受快速抗原检 测(RAT)

- 请遵循包装说明书的指示
- · 完成测试后15到20分钟可看到结果。



阳性结果

对于大多数人来说, 新冠病毒会引起轻度 至中度症状,可以在 家中得到控制。



阴性结果

在"My COVID Record"中输入您 的结果。

保持警惕。

如果您有症状,请 待在家里,第二 天再检测一次。

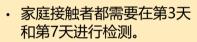
报告您的检测结果

- 1. 在My COVID Record中输 入您的RAT阳性结果或致电 0800 222 478。
- 我们将在24小时内向您发送短信,其中包含更多信息和支持。

如何自我隔离

- · 您和与您同住的每个人都需要隔 离7天。
- 这也意味着根据常识采取防范措施,以避免与同住者发生任何接触。
- · 食品和用品必须以非接触方式 交付。
- 您可以家外附近锻炼,但不能在任何共用的健身设施锻炼(如游泳池或健身房)。

家庭接触者



- · 如果家庭接触者检测呈阳性,他们需要重新开始为期7天的自我隔离。
- · 如果同住的另一人的检测呈阳性, 您不需要再次开始您的隔离时间, 只要您最终的检测是阴性的。

告知他人

告知他人您的家人患有新冠并 且正在隔离,例如:普通访客,您 的工作单位,教育提供者或学校。

监测您的症状

如果症状恶化,请致电健康热线**0800 358 5453**寻求建议。 **如果情况紧急,立即拨打111**。





额外支持

许多人能够在家人和朋友的帮助下进行自我隔离,但如果您有需要,可以求助。前往workandincome.govt.nz或拨打新冠福利热线0800512337。

经这古结

如果您在自我隔离期间无法在家工作,即使您是 非全职或临时雇员,您的雇主也可以申请请假支 持计划,以帮助支付您的工资或薪水。 有关检测呈阳性的更多 信息,请访问:



Covid19.govt.nz/positive

