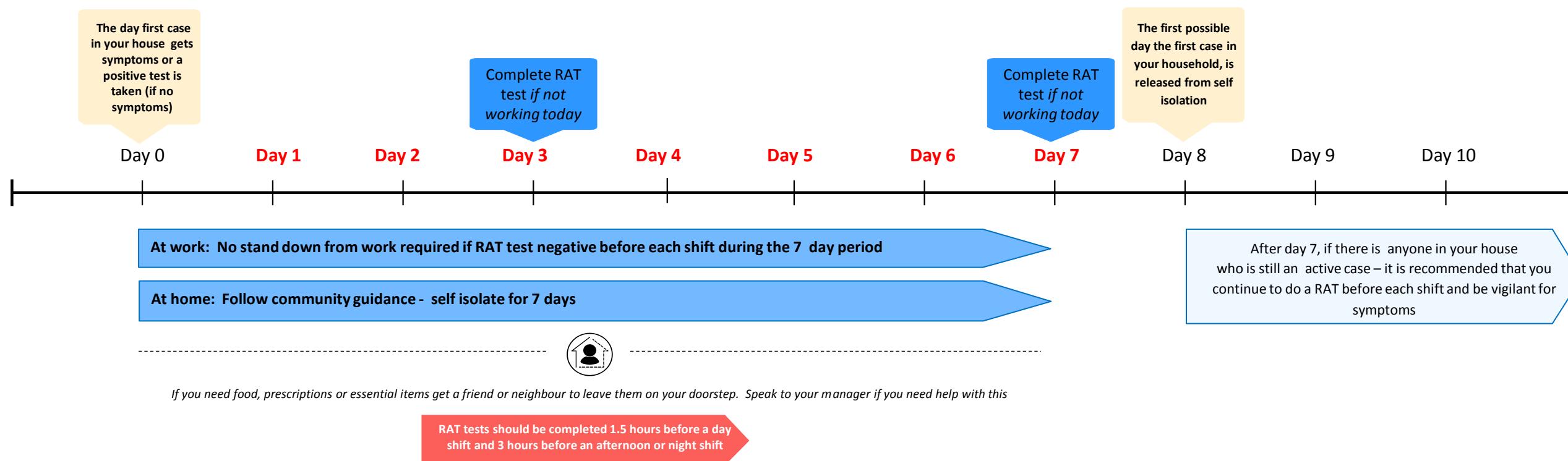


Household Close Contact

When critical staff* live with people who have COVID-19

Complete [Exposure Management Qualtrics](#)



What you need to know:

No stand down for ADHB required if the following is in place:

- You have no symptoms
- You have a negative test before each shift

If you are able to work:

- Correct use of at least a medical mask or respirator (guided by your local mask policy). Speak to your manager if you need further advice
- Be very careful if in shared breaks and eating areas
- Avoid shared transport for work commuting unless it is unmanageable for you to get to work otherwise
- Be vigilant for symptoms. Stay home if symptoms develop
- Outside of work, continue to follow public health instructions for community contacts. Where contacts have on-going exposure to a case (i.e. in their household), the quarantine period and/or period of testing using RATs may need to be extended.

When do I need a test?

- On day 3 and 7
- Before coming to work
- Any time you develop symptoms
- If your RAT is positive, you no longer need to get a PCR test, please re-do the exposure management qualtrics to identify that you are now a positive case

Recording your test results: Remember to record each test on your MyCOVID record

What “self isolation” means to critical ADHB health care workers

You can only leave home if you are getting a COVID-19 test, or going to work. When you are not at work, self isolate as per the standard household close contact advice until the first case is released from their 7 days of isolation
See page two for some practical advice

What is the definition of house hold close contact?

You are a Household Contact if you normally share a residence with a person who has tested positive. This includes anyone who:

- Shares a house or flat on a permanent or part-time basis (for example, shared custody) with someone who has tested positive for COVID-19, and
- You spent at least one night or day (more than 8 hours) in that residence while the person with COVID-19 was infectious

*Critical worker is any healthcare worker (including employees, partner employees, contractors, volunteers, students) that needs to leave their home to perform work.

Household Close Contact

Other things you and your household need to know

What symptoms should I look for?

COVID-19 symptoms can include a new or worsening cough, fever, shortness of breath, sore throat, runny nose or temporary loss of smell / taste. Some people may experience diarrhoea, headache, muscle aches, nausea, vomiting, confusion or irritability.

If anyone develops symptoms – even if you’ve already tested negative before – immediately get tested, stay at home and separate from others in your house if you can. Continue this until 24 hours after your symptoms have stopped and you get a negative result.

If you have difficulty breathing, call an ambulance: Dial 111.

What if I can’t isolate completely away from my family in the house?

You should keep yourself away from household members where possible. Don’t share dishes, cups, eating utensils, pillows or towels with other people in your home. Wash things in hot soapy water.

What if I have a vaccine appointment?

It is very important that anyone who has symptoms, has been at a location of interest, is a close contact or who has had a COVID-19 test does not attend a vaccination centre, this includes your household members who are also staying at home. Call 0800 28 29 26 or go to bookmyvaccine.nz to reschedule your appointment.

What if I need help?

Medical: If it’s an emergency, call 111. If it’s not an emergency, call your GP or Healthline on 0800 358 5453.

Mental health and wellbeing support:

Isolation can be hard. Help is available. If you need support, you can speak with a trained counsellor – just call or text 1737 to use the ‘Need to Talk?’ service. It’s free and available 24 hours a day, 7 days a week. They mainly provide support in English but there may be cases where they can connect you with someone if you speak a language other than English.

Financial: Advice is available for people who need to stay at home due to COVID-19 through your manager to HR

What if I share the care of my children?

If your child is already with you, they are already in your household isolation bubble and must follow the same ‘stay at home’ rules. If you share care of your children and have a joint or extended bubble, everyone in your combined bubble needs follow the same rules as your household – that means everybody will be in staying at home across the two households.

What if you are required to self-isolate, but also require a carer?

You can still have a carer come to your home if you are the only person they care for, and they should wear PPE. They cannot care for people in other households.