

Friday 25 February 2022

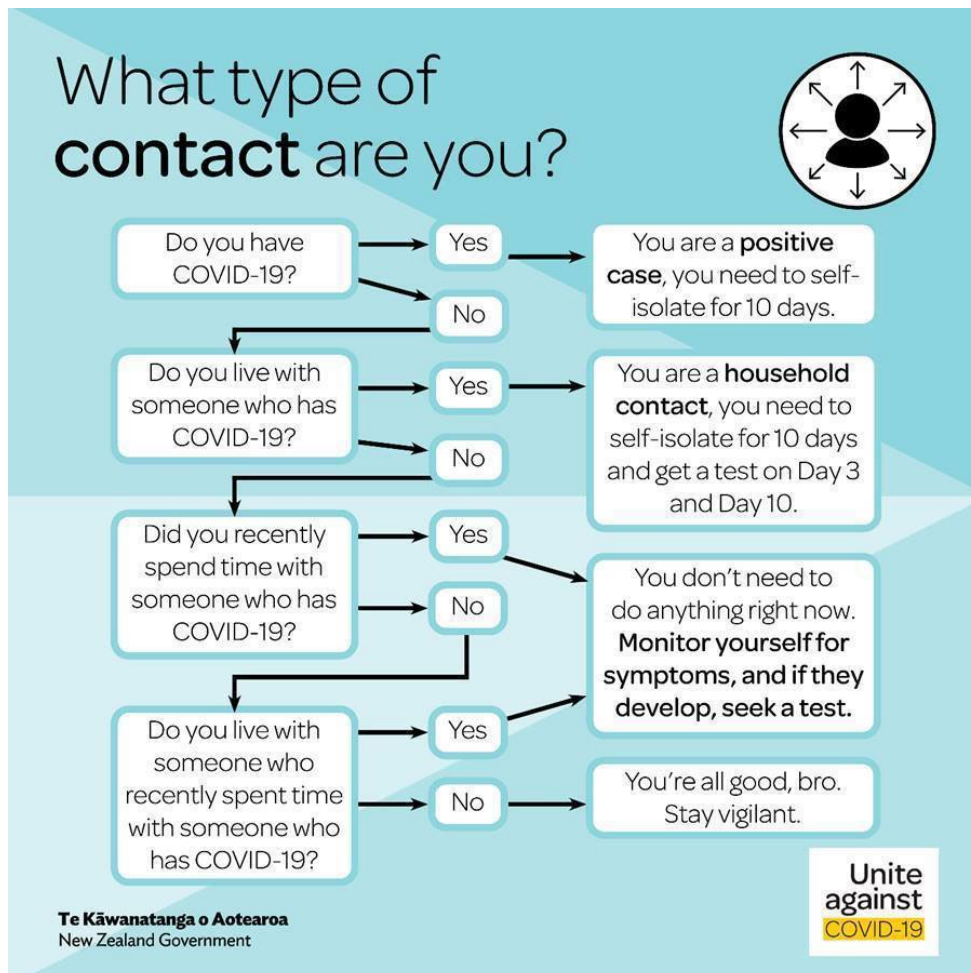
COMMUNITY INFORMATION SHEET | Dargaville

COVID-19 Omicron | Phase 3

There are currently an increasing number of COVID-19 cases in the Dargaville community. Public Health Northland are urging the community to take protective measures to keep our community safe - wear a mask, social distance, hand hygiene, use the Covid Tracer App, get tested and isolate. The following information is provided to guide you however if you are still unsure please check the Northland DHB, Ministry of Health or Unite Against Covid websites.

Who needs to be Tested?

You should get a test if you have **cold, flu or COVID-19 symptoms**, when you are a **Household Contact of a case**, or if mandatory testing applies to your job.



Getting tested for COVID-19

You should only get a COVID-19 test if:

- you have symptoms, or
- you are a Household Contact.

(RATs) will be widely available. Positive RAT results do not need to be confirmed with a PCR test unless advised.

You MUST report your RAT results through My Covid Record or call 0800 222 478 and press option 3. You **MUST** let your employer know the result of your test. COVID-19 testing is available at:

Dargaville Hospital COVID-19 Community Testing Centre
77 Awakino Road, Dargaville
Monday – Saturday 9.00am - 3.00pm
Check the website for pop-up testing sites

www.northlanddhb.org.nz

What happens if I test positive?

- If you test positive for COVID-19, you will need to isolate for **10 days**.
- You will be sent a text with a link to complete an online form, which will help identify locations you have visited and people you have come into close contact with.
- If you have trouble with this form, you can email help@tracingform.min.health.nz or call 0800 555 728.
- If you do not have access to a mobile, you will be contacted by a contact tracer, or a primary care, Māori, Iwi or Pacific health provider.


I am a critical worker

If you are a critical worker and a Household Contact, you will still be able to go to work providing you are fully vaccinated, do not have symptoms and have a negative rapid antigen test (RAT) before going to work. Your employer will let you know if this applies to you. When you are not at work, you must follow the self-isolating guidance.

How long do I need to isolate for?

- **Positive COVID-19 cases** need to self-isolate at home for **10 days**. Day-0 is the day that your symptoms started or the day that you got tested (if you do not have any symptoms). You can leave isolation after 10 days — you do not need a negative test.
- If you live with someone who has tested positive for COVID-19, you are considered a **Household Contact** and will need to isolate for **10 days**. You must get a test on Day 3 and Day 10 of your isolation. If you develop symptoms, you should get a test sooner.
- If you are a **Household Contact** and you test positive, you will need to isolate for **10 days**.
- **Close Contacts** no longer need to isolate. If you get a notification from your workplace, school or through the NZ COVID Tracer app that you are a Close Contact, you should **monitor your symptoms for 10 days**. If you develop symptoms get a test, and you should isolate until you get your result.

Updated guide to self-isolation



You will need to self-isolate from others if you:

are positive for COVID-19	live with a positive case
You must isolate at home or in suitable alternative accommodation. If you test positive for COVID-19, a health professional will help you decide if managed isolation is suitable for you.	
Isolate for 10 days from when you test positive	Isolate for 10 days
No further tests required unless directed to	Tests on Day 3 and Day 10
Financial support may be available - check our website to find out what you may be eligible for: Covid19.govt.nz/financial-support/	

This information is accurate as at 24 February 2022. However, it may be updated if phases of the Omicron response change. For the most up to date information, please visit our website at www.covid19.govt.nz

Te Kāwanatanga o Aotearoa
New Zealand Government

Unite against COVID-19

What to do when isolating

- Don't leave the house for any reason (unless seeking urgent medical care)
- Don't have visitors, except people providing essential care to you or someone in the household.
- Don't go out to get food/kai or medicine, do not go to work, school or public places and do not go on public transport or use taxis.
- Get supplies of food/kai and medicine by asking your whanau and friends to shop for you, or by ordering supplies online if possible. Identify a safe drop-off point outside the house for them to leave supplies.
- Please contact your care coordinator or the COVID-19 welfare support line if you need help with kai or other welfare support.
- Maintain a 1.5-metre distance from your household members and do not share a bed or bedroom with any member of your household if possible.
- Minimise the time you spend in shared spaces such as bathrooms, kitchens and sitting rooms as much as possible and keep shared spaces well ventilated.

What support is available?

- If you are self-isolating at home, you can access help if you need essential supplies like food or medicine, please call the *Northland Manaaki Team 0800 512 337*
- If you develop symptoms or your symptoms worsen, call your doctor or *Healthline 0800 358 5453* for advice.
- It is normal to feel anxious or stressed in times of difficulty. Do not be afraid to seek support. For support with anxiety, distress or mental wellbeing, you can call or text *1737*.

More COVID-19 information

For the latest health advice, information, and resources, visit the following websites

- <https://www.northlanddhb.org.nz/>
- <https://covid19.govt.nz/> - Our response to Omicron
- <https://www.health.govt.nz/>
- <https://www.mpp.govt.nz/>