

Nau mai, haere mai

Welcome to Aotearoa, New Zealand

Unite
against
COVID-19

Within your first 3 days of arrival in New Zealand

We ask you to take a **rapid antigen test (RAT)** within **3 days** of your arrival in New Zealand, or if you develop COVID-19 like symptoms. We will send you more information to the email address you provided on your passenger arrival card.

Report your result online using the form we sent you by email.

If your test is positive

- You must self-isolate for 7 days from the day you tested positive or the day your symptoms started (if you had any), whichever was earliest.
- We ask you to go to a testing centre or healthcare provider to have a follow up PCR test.

If you cannot complete the online form, call the **COVID-19 Test Results Line** (8am to 8pm, 7 days a week – interpreters are available) on:

- **0800 432 010** – if you are calling from a New Zealand phone number
- **+64 9 954 6118** – if you are using an international SIM you may be charged – check with your provider.

By reporting your RAT result, you consent to your health information being used as part of New Zealand's COVID-19 surveillance programme. Your personal information will not be used.

Keep up healthy habits



From day 4 of your arrival in New Zealand and for the rest of your stay

If you develop COVID-19 like symptoms during your stay in New Zealand, we ask you to test using a RAT.

Report your RAT result using My Covid Record or by calling the COVID-19 Test Results Line.

If your test is positive

- You must self-isolate for 7 days from the day you tested positive or the day your symptoms started (if you had any), whichever was earliest.
- We ask you to confirm this with a PCR test from a community testing centre or healthcare provider.

If you are a New Zealander or have been given a National Health Index (NHI), you can report your RAT results in My Covid Record at mycovidrecord.health.nz.

If you do not have an NHI, or cannot access My Covid Record for another reason, you should report your positive result by calling the **COVID-19 Test Results Line** (8am to 8pm, 7 days a week – interpreters are available) on:

- **0800 432 010** – if you are calling from a New Zealand phone number
- **+64 9 954 6118** – if you are using an international SIM you may be charged – check with your provider.

Getting a follow up PCR test

The PCR test provides valuable information about any changes to COVID-19 that are new to New Zealand from overseas.

If your RAT result is positive, we ask you to confirm this with a PCR test to assist with New Zealand's understanding of COVID-19. You can get this test from a community testing centre or healthcare provider. PCR testing is not completed at hospitals. You do not need to pay for this test. You can leave self-isolation for this test – wear a mask.

You can find PCR testing locations on healthpoint.co.nz

Tell the person who does your test if you have been **overseas in the last 7 days**. You will get your results in a text message from 2328. Remain in isolation while you wait for your result.

If your PCR test is negative, you can leave self-isolation.

Household members

If your RAT result is positive, your household members should test daily for 5 days and report the result if positive. They do not need to self-isolate with you, unless they test positive.

If your household members test positive, they must self-isolate for 7 days from the date of their positive result or the day their symptoms started (if they had any), whichever was earliest.

You will be given RAT kits for your household members when you go for a PCR, and you can order free RATs at any time.

Wellbeing helplines and support – interpreters are available

For free health advice, call the **COVID-19 Healthline**, 24 hours a day, 7 days a week:

- **0800 358 5453** – if you are calling from a New Zealand phone number
- **+64 9 358 5453** – if you are using an international SIM you may be charged – check with your provider

Do not go to a hospital unless you are very unwell, (e.g., shortness of breath). In an emergency, call **111** immediately.

In New Zealand you can get a COVID-19 test from a range of locations. You can find this information on healthpoint.co.nz

For more information:

<https://covid19.govt.nz/covidsupport>

For isolation requirements please follow guidance at:

<https://covid19.health.nz/advice/languages>

You can order additional free RAT kits:

- Online at requestrats.covid19.health.nz
- by calling 0800 222 478, choose option 3 (8am to 8pm, 7 days a week)



You can find translations of this information by scanning this QR code, or by visiting

covid19.govt.nz/languages-and-resources/translations