

We've learned that someone with COVID-19 attended **Howick Baptist Church** and there is a risk they may have passed the virus on to others. The person was present at the following time(s):

- Sunday 10<sup>th</sup> April, between 9:30 and 12pm

### **What to do if you were there at this time – if you do NOT live with the person with COVID-19:**

- **If you do not have COVID symptoms**, you do not need to get a test or self-isolate. However, please avoid contact with vulnerable groups or individuals for 10 days from the date above, and watch out for symptoms.
- **If you have or develop COVID symptoms**, please isolate at home and get tested immediately. If you still have symptoms after a negative test, stay at home and isolate until 24 hours after your symptoms stop. If your symptoms get worse, contact your local healthcare provider or call Healthline on 0800 358 5453
- If you are waiting for a test result, it is important you do not go to work or leave your home. If you need to miss work, financial support may be available. You can show your employer this letter if necessary.
- **If you test positive**, there is further advice available on the Unite against COVID-19 website: <https://covid19.govt.nz/isolation-and-care/if-you-have-covid-19/>

### **What to do if you live with someone who has tested positive for COVID-19**

If you live with someone who has tested positive for COVID-19, you are a 'household contact'. You must follow different steps to the advice given above, including **isolating at home for at least 7 days**. More information is available from: <https://covid19.govt.nz/testing-and-tracing/contact-tracing/household-contacts/>

You can also call Healthline for free on 0800 358 5453. This is a free, 24/7 service with interpreters available. Tell them you are a 'household contact'.

### **What to do if you are a Household Close Contact and a Critical Worker**

If you are a 'household close contact' **AND** a Critical Worker, specific advice for you is available from: <https://covid19.govt.nz/testing-and-tracing/contact-tracing/critical-workers/>

### **Testing**

Testing is free. You can find your nearest testing centre here: [www.healthpoint.co.nz/covid-19](http://www.healthpoint.co.nz/covid-19), or free-phone Healthline: 0800 358 5453.

You can also order Rapid Antigen Tests (RATs) and use these yourself at home. RATs are the main type of test now being used, with results only taking about 20 minutes. You can order RATs on-line or over the phone.

- **Online:** [requestrats.covid19.health.nz](http://requestrats.covid19.health.nz)
- **Over the phone:** [0800 222 478](tel:0800222478), choose option 3 (8am-8pm, 7 days a week)

Find out more [here](#).

### **COVID-19 symptoms**

- new or worsening cough
- sneezing and runny nose
- fever
- temporary loss of smell or altered sense of taste
- sore throat
- shortness of breath

Less common symptoms of COVID-19 may include: diarrhoea, headache, muscle aches, nausea, vomiting, malaise, chest pain, abdominal pain, joint pain, or confusion/irritability. These almost always occur with one or more of the common symptoms.

### **For further help:**

- If you are worried or have questions you should call your GP or family doctor.
- The Unite against COVID-19 website has lots of useful information on COVID-19. Visit: <https://covid19.govt.nz>.
- Information in other languages is available from: <https://covid19.govt.nz/languages-and-resources/translations/>
- Information about the vaccination is available from: <https://immunisation.northernregion.health.nz/>
- Information for people with COVID-19 is available from: <https://immunisation.northernregion.health.nz/whanauhq/>.
- You can also call Healthline for free anytime on 0800 358 5453. Healthline has interpreters if you need one.

Click or tap to enter farewell greeting.