

Household Contacts

what you need to do



*Do you live with someone who has tested positive for COVID-19?
Visit [Covid19.govt.nz/household](https://www.covid19.govt.nz/household) and follow these steps:*

Stay home* and isolate for 7 days from the day the person with COVID-19 tests positive (Day 0). Try to avoid contact with them if you can.

Take a test on Day 3 and Day 7 (or sooner if you develop symptoms).

Tested negative? You still need to finish your 7 days of self-isolation.

Did someone else in your house test positive? You don't need to restart your 7 days (unless you test positive).

You can complete your self-isolation at the same time as the first person in your house who had COVID-19 if your Day 7 test is negative, and you have no new or worsening symptoms. Tino pai!

Tested positive? You will need to start a new 7 days. Please follow the guidance on our website.

[Covid19.govt.nz/positive](https://www.covid19.govt.nz/positive)

* Some people who are Household Contacts and critical workers may be able to still go to work through the Close Contact Exemption Scheme. See our website for more information.