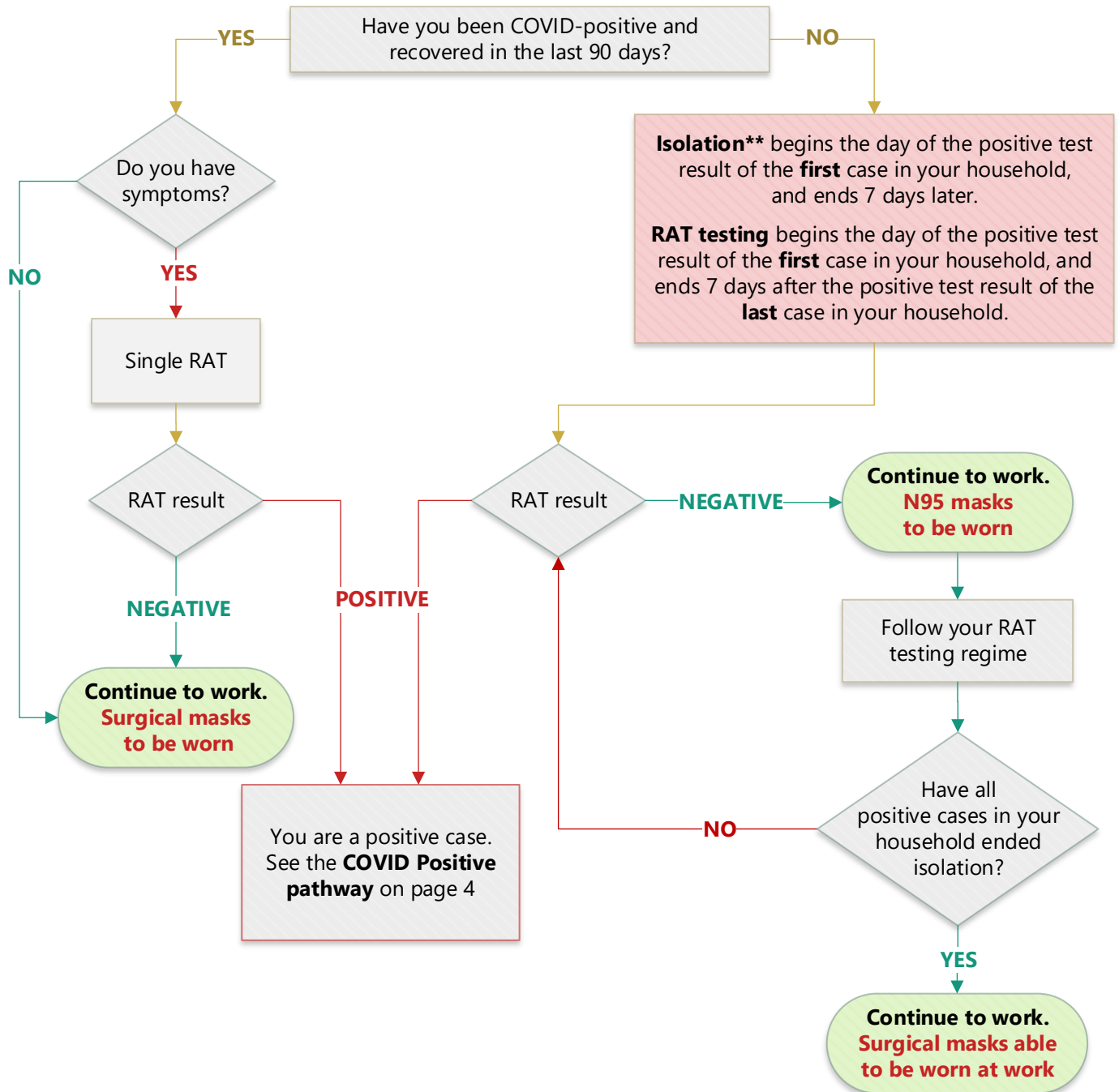


## Household Contact

Household means living under the same roof



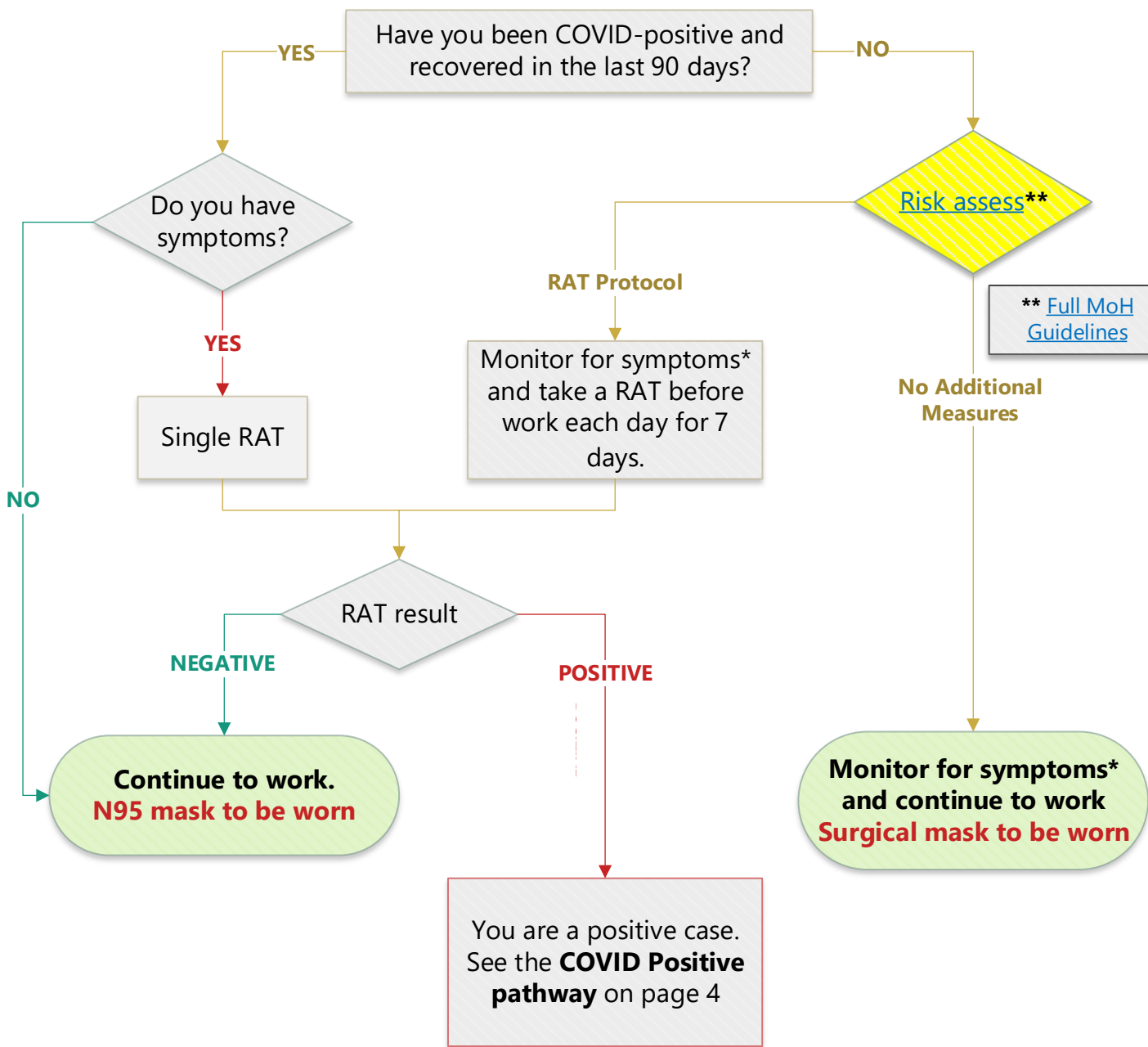
\* For staff who are Household Contacts *and* negative, **isolation** means that you:

- attend work wearing an N95 mask, and
- isolate from others within your home, and
- isolate from others in breaktimes at work.

If symptomatic at any stage and not improving, seek medical advice.

After each RAT test, register your test result in My Covid Record from Ministry of Health and the [Continue/Return to Work COVID Testing Register](#)

## Exposure at Work



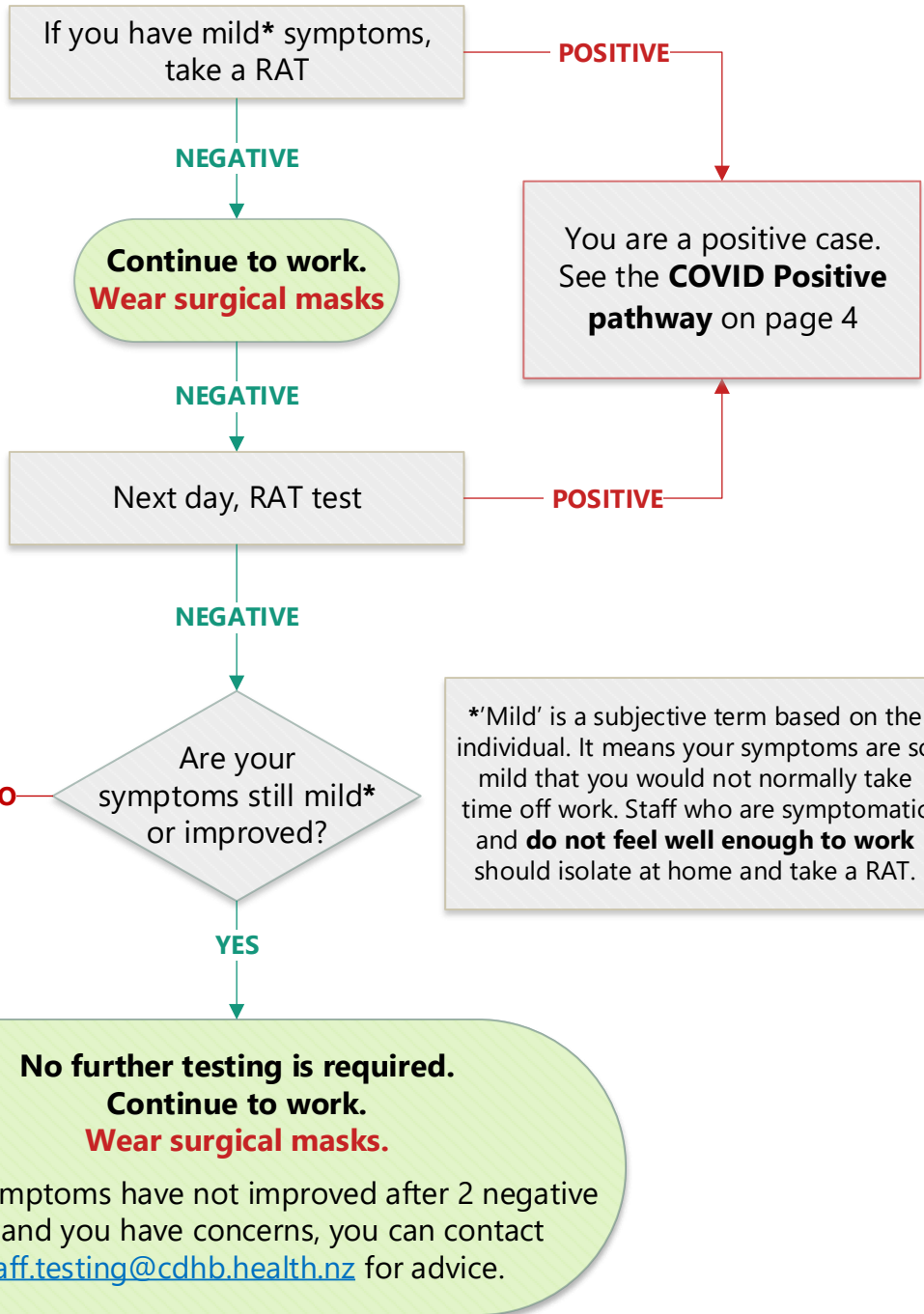
\* If symptoms develop, stay home and isolate, behave as probable case, and continue to daily RAT test. If 2 daily negative RATs, get a PCR test at the staff testing site. If symptoms aren't improving, seek medical advice.

After each RAT test, register your test result in My Covid Record from Ministry of Health and the [Continue/Return to Work COVID Testing Register](#)

If there has been a PPE breach, please complete an incident report in **Safety 1st**

## Mildly Symptomatic\*

This does not apply to staff on any Return To Work pathway, including **Household Contact, Exposure at Work** and **COVID Positive**



If symptomatic at any stage and not improving, seek medical advice.

After each RAT test, register your test result in My Covid Record from Ministry of Health and the [Continue/Return to Work COVID Testing Register](https://www.health.govt.nz/my-covid-record)

## COVID Positive

You are on a 7-day\* return to work pathway.  
You must isolate at home for 7 full days.  
No RATs are required.

Is today  
Day 7?

Symptoms are  
more than mild?

No or mild  
symptoms?

Continue to isolate  
at home and seek  
medical advice.

Return to work on day 8.  
Wear N95 masks  
for days 8, 9 and 10.  
Then follow mask protocol for  
your current work area.

If symptomatic at any stage and not improving, refer to online self help or seek medical advice.  
**You are not expected to come to work if not feeling well enough to do so.**

\* Day 0 is the day that your symptoms started or the day you tested positive, whichever is first.