OMICRON PHASE 3 – WHAT TYPE OF CONTACT ARE YOU?

Do you have COVID-19?

YES

You are a household contact. You need to **self-isolate for 7 days** and get a test on Day 3 and Day 7.

NO

Do you live* with someone with COVID-19?

YES

Monitor yourself for symptoms, and if they develop, get a test. You don't need to self-isolate and, unless otherwise directed, you can continue to work as normal.

NO

Do you have COVID-19?

YES

You are a positive case. You need to self-isolate for 7 days

NO

Do you live* with someone with COVID-19?

YES

Monitor yourself for symptoms, and if they develop, get a test. You don't need to self-isolate and, unless otherwise directed, you can continue to work as normal.

NO

Have you recently spent time with someone who has COVID-19?

YES

Monitor yourself for symptoms, and if they develop, get a test. You don't need to self-isolate and, unless otherwise directed, you can continue to work as normal.

NO

Do you live with someone who has recently spent time with someone who has COVID-19?

YES

Stay vigilant. If you develop symptoms get a test.

NO

You are a household contact. You need to **self-isolate for 7 days** and get a test on Day 3 and Day 7.

*this does not include people that live in the same group accommodation as the case (boarding houses, hostels, backpackers, aged residential care facilities, halls of residence, transitional housing etc) or who don’t live with the case but may have spent a night together, unless a Medical Officer of Health deems otherwise.

FIND OUT MORE AT nzwine.com/en/covid19/practical-advice/