



Coronavirus (COVID-19) Update Friday 11.03.2022 Red Light - Phase 3



Kia ora koutou

At midnight tonight the timeframe for self-isolation is changing from 10 days as it has been throughout the Red-light Phase 3 setting to 7 days. This means that anyone who has tested positive for COVID-19 in your household and who is symptom free on day 7 of isolation and any household contacts who test negative on day 7 of isolation, can return to work and school on day 8. Below is an explanation of how isolation works for positive cases and household contacts. Also see the image on the second page.

Positive Cases of COVID-19

Anyone who has tested positive for COVID-19 will be required to isolate for seven days.

Day 0 is the day symptoms began or the day the test was taken (whichever came first). Cases will isolate for a full seven days and are free to return to normal activities on Day 8, if they are not symptomatic.

Household contacts

Household contacts are required to isolate for the same seven days as the case.

They can return to their normal activities on the same day as the first case in their household, so long as all test results have been negative, and they are not symptomatic.

Household contacts should continue to self-monitor for symptoms 3 days after isolation has ended.

Household contacts will be required to take a self-administered rapid antigen test (RAT) on Day 3 and Day 7 of the case's isolation period.

If symptoms develop at any time during isolation:

- the usual advice remains in place to undertake an additional RAT
- if the test is negative and symptoms persist or worsen, test again 48 hours after that negative test
- if symptoms resolve there is no need for a further test until the required Day 7 test. If this is negative, they can return to daily life on Day 8.

If a household contact has new symptoms on the day of release:

- they should undertake an additional RAT and stay at home while unwell
- if that test is negative and symptoms persist or worsen, test again after 48 hours. If symptoms resolve, there is no need for a further test.
- If a household contact has finished their period of isolation they do not need to return to isolation if a new case is identified in their household. However, **this only applies for a period of seven days** following their leaving isolation.

Should a new household member be confirmed as a case eight or more days after the household contact has left isolation, then they must start a new period of self-isolation for seven days.

For more information if you have tested positive for COVID-19 [CLICK HERE](#)

Symptoms of COVID-19

- A new or worsening cough
- Sneezing and runny nose
- A fever
- Temporary loss of smell or altered sense of taste
- Sore throat
- Shortness of breath

Less common symptoms include diarrhoea, headache, muscle aches, nausea, vomiting, malaise, chest pain, abdominal pain, joint pain, or confusion/irritability.

For more information about COVID symptoms [CLICK HERE](#)

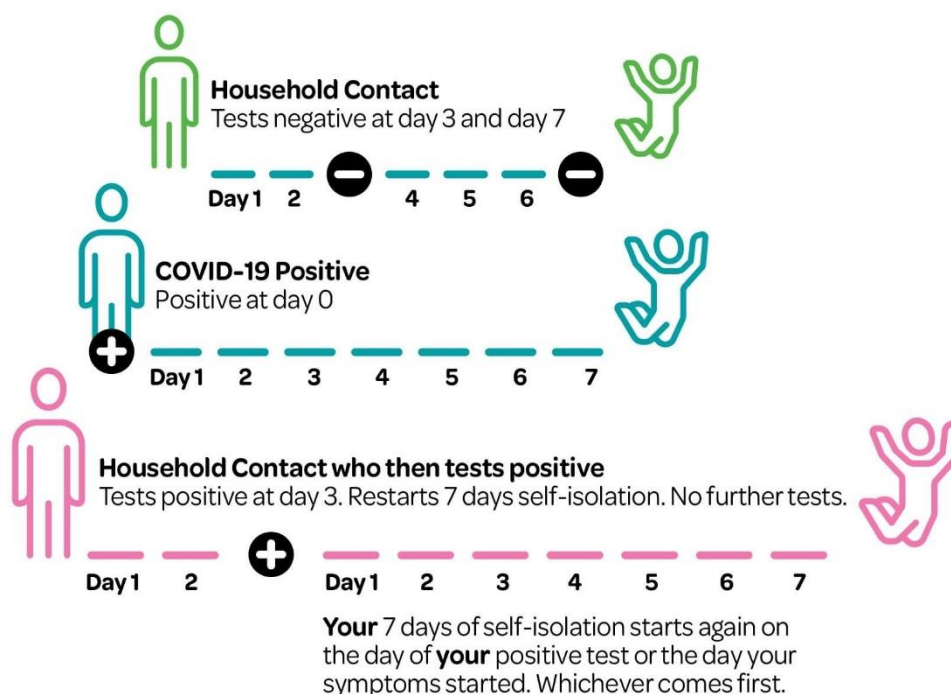
For more information on being a Close and Household Contact [CLICK HERE](#)

Where you can get support

If you need support during self-isolation, call the COVID Welfare Phone Line on 0800 512 337. They will connect you with someone who can help. This could be a local community organisation, a government agency, a marae-based service or support that iwi have established.

For more information about where you can get help [CLICK HERE](#)

Please contact our school office On 04 939 9707, office@koraunui.school.nz or principal principal@koraunui.school.nz if you have any questions.



Noho ora mai

Dave Lamont
On behalf of the Koraunui School Board of Trustees

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Poipoia te kākano kia puāwai – *Nurture the seed and it will thrive*