



BADMINTON NORTH HARBOUR

Information for Coaches, Office Staff and Clubs & Members:

About Phase 3 of the Covid:19 Response

Getting tested for COVID-19

You should only get a COVID-19 test if:

- you have symptoms, or
- you are a Household Contact.

At Phase 3, PCR tests will be used for people who need it most, and rapid antigen tests (RATs) will become more widely available. When you go for a test, the testing centre will let you know which test is best for you. **Positive RAT results do not need to be confirmed with a PCR test unless advised.**

Critical workers who are Household Contacts will still be able to use RATs to return to work.

If you test positive for COVID-19

If you test positive for COVID-19, you will need to isolate for **10 days**. You will be sent a text with a link to complete an online form, which will help identify locations you have visited and people you have come into close contact with.

If you do not have access to a mobile, you will be contacted by a contact tracer, or a primary care, Māori, iwi or Pacific health provider.

You can leave isolation after 10 days - you do not need a negative test.

Contacts

If you live with someone who has tested positive for COVID-19, you are a Household Contact. You will need to:

- self-isolate from the day the person with COVID-19 tests positive or is notified as a probable case until they complete their 10 days of isolation
- get a test on day 3 and day 10 of the isolation period, or sooner if you develop symptoms. If you are a Household Contact and you test positive, you will need to isolate for 10 days.
- Call Healthline on 0800 358 5453 for advice on isolation and testing.

If you have tested positive and been at the Badminton North Harbour facility within the previous 24 hours, please advise glenn@bnh.org.nz