



## COVID-19 (Novel Coronavirus)

# Information for a casual contact of a confirmed case

This information sheet is for people who have been identified as a **casual contact** of a person who has COVID-19 (novel coronavirus).

### What you need to know

You are considered a **casual contact** if you did not have direct physical contact with the person who is a confirmed case of COVID-19 but you were within 2 metres of them for less than 15 minutes.

As a casual contact or someone who has just been in the same location as the person with the virus (for example in the same lecture theatre, gym or church), you are **unlikely to become infected** from this possible exposure. You are considered to be at low risk of getting COVID-19 and you do not need to go into isolation because of this possible exposure. However, like everyone, you still need to always follow current national Alert Level requirements related to work, travel and physical distancing from others.

The people most at risk of catching COVID-19 are **close contacts** of the infected person. Close contacts are those in the same household, or those who have been in face-to-face contact, or within 2 metres for longer than 15 minutes, without appropriate personal protective equipment (PPE).

While you are not considered a close contact, there is a small possibility you may become unwell.

This virus can cause an acute respiratory infection, but in most cases it causes mild to moderate symptoms. However, some people do develop pneumonia and severe respiratory illness that needs treatment in hospital.

### What you need to do

Monitor your health closely until **14 days** after you were last exposed to the infectious person. Watch for any of these symptoms:

- Fever, chills or sweats
- Runny nose
- Sore throat
- Sneezing
- Loss of the sense of smell or taste
- Cough
- Difficulty breathing.

If you develop any symptoms or become unwell, **stay at home** (do not go to work, school or any social occasion). Phone Healthline (on 0800 358 5453) or your doctor for advice, and to make sure you arrange to get tested. Even if you have only mild symptoms please stay at home and arrange to get tested.

Please call an ambulance on 111 if you have difficulty breathing, and tell the phone operator that you have been in contact with someone with COVID-19.

### **Practise good hygiene to protect others**

Through the day, wash your hands often and thoroughly with soap and water for at least 20 seconds, or use a hand sanitiser. Avoid touching your eyes, nose, and mouth with unwashed hands.

Cover your mouth and nose with a tissue if you cough or sneeze, or you can cough or sneeze into your sleeve. Throw used tissues into a lined rubbish bin, and immediately wash your hands thoroughly.

Follow current national Alert Level requirements related to work, travel and physical distancing from others.

### **For more information**

Visit the COVID-19 website – [www.covid19.govt.nz](http://www.covid19.govt.nz).

If you have any questions about this information and advice please call Toi Te Ora Public Health on free phone 0800 221 555 and ask to speak to the on-call Health Protection Officer, or email [enquiries@toiteora.govt.nz](mailto:enquiries@toiteora.govt.nz).

Thank you for helping prevent any spread of novel coronavirus in your community.