



Testing for COVID-19



Positive



Negative

Updated: January 2024

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What is in this document



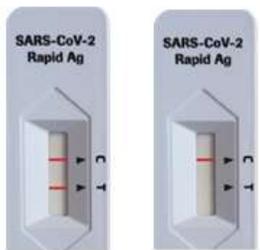
This document is about doing a test for **COVID-19**.



COVID-19 is a virus that can make people very ill.



A **COVID-19 test** can tell you if you have COVID-19.



Positive Negative

If the test is **positive** that means you have COVID-19.

If the test is **negative** that means you may not have COVID-19.



Most COVID-19 tests use a **sample** from your nose.



A **sample** is a bit of **mucus** from the back of your nose.

Mucus is what comes out of your nose when you blow it.

When to do a COVID-19 test



You should do a COVID-19 test if you have **symptoms** of:



- COVID-19
- a cold
- the flu.



Symptoms means signs that you may have an illness.



COVID-19 symptoms include things like:

- a cough
- sneezing and a runny nose
- finding it hard to breathe.
- high temperature of at least 38°C on a thermometer – this is when you would feel very hot
- a sore throat
- not being able to smell things for a little while
- diarrhoea / runny poo
- nausea / vomiting





Other COVID-19 symptoms are:

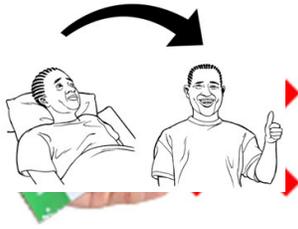
- headache
- muscle pain or body aches
- malaise — a general feeling of being unwell.



All these symptoms:

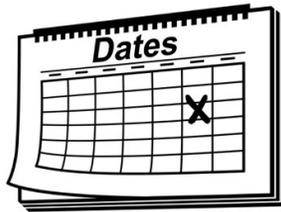
- do not always mean you have COVID-19
- can be symptoms of other illnesses like a cold or flu.





You might not need to do a test if it is only a short time since you last had COVID-19.

Count the days from when you:



- had a positive COVID-19 test
- first felt unwell.



If it is less than 28 days since you had a positive test / felt unwell you do not need to do another COVID-19 test.

You should stay at home until you feel well again.



If it has been more than 28 days since you had COVID-19 you need to do a test.

Weekly Planner		Week of:						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Morning		✓	✓	✓	✓	✓		
Afternoon								
Evening								

If someone you live with has COVID-19 you should do a COVID-19 test every day for 5 days.



The people you live with are sometimes called **household contacts**.

Where to get a COVID-19 test



Most COVID-19 tests are **RATs**.



A **RAT** is a COVID-19 test you can do at home.

RATs are also called **rapid antigen tests**.



You can get RATs from:

- COVID-19 testing centres
- RAT collection sites
- some pharmacies / chemists.





To find out where to get RATs go to this website:



<https://tinyurl.com/5bshtjtj>

The website is not in Easy Read



It does not cost money to get RATs.



You can go out to get RATs even if you are sick.

Some doctors also do COVID-19 tests.



You can phone your doctor to get advice about doing a COVID-19 test.



It can be hard for some people to get RATs because they:

- live a long way away from a collection centre
- are disabled
- have health problems.



If it is hard for you to get RATs you can phone:

0800 222 479



You might be able to:

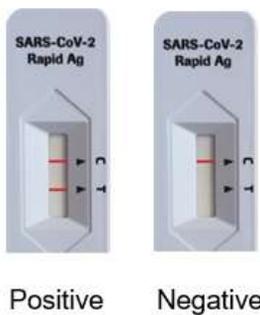
- have some RATs delivered to you.
- get some other support.

How to report a RAT result



You should report what your RAT says if it is:

- positive
- negative.



Reporting your RAT means you can get:

- medical care
- support.





When you report a positive RAT you will get a text message from one of these numbers:

- **2328**
- **2648**



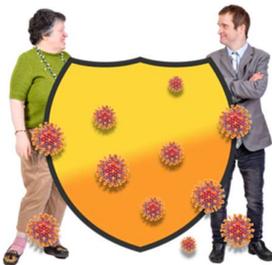
The message will tell you:

- what to do next
- if you need to **isolate**.



Isolate means you:

- stay at home
- keep away from other people.



Isolating stops COVID-19 spreading to other people.



You can report your RAT result on the **My COVID Record** website at:

<https://mycovidrecord.health.nz>



My COVID Record is not in Easy Read.



You can report a RAT for:

- yourself
- someone else.



If you are reporting a RAT for someone else you will need their **NHI Number**.



An **NHI number** is a number that tells health workers who you are.

You can find your NHI number on:

- a prescription from your doctor
- a hospital letter
- the online patient portal for your doctor.



You can also report a RAT result over the phone on:

0800 222 487



Use the phone to report your RAT if you:

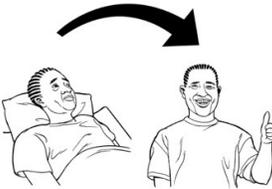
- are having trouble with My COVID Record
- do not know the NHI number for the person whose RAT you are reporting.



What to do if you have COVID-19



If you have COVID-19 you should isolate for at least 5 days.



You should to keep isolating until you feel well again.



You should phone your doctor if you have a medical condition that could make COVID-19 worse like:

- asthma
- diabetes
- heart disease.





You should also phone your doctor if:

- you are feeling very ill.
- your symptoms are getting a lot worse.



You can also phone **Healthline** on:

0800 358 5453



Healthline is a number you can call to get medical advice.

You can call Healthline at any time.



It does not cost money to call Healthline.



It is important to look after yourself
when you have COVID-19.

Where to get support



You can phone the **COVID-19 disability helpline** to get information about:



- COVID-19 tests

- masks



- COVID-19 vaccines

- how to look after yourself when you have COVID-19



- any other worries you have about COVID-19.



The phone number for the COVID-19 disability helpline is:

0800 11 12 13



You can also text the COVID-19 disability helpline on:

8988



If you find it hard to use the phone the **New Zealand Relay** service is for people who:

- are deaf / hard of hearing
- are deafblind
- find it hard to talk.



You can find more about the New Zealand Relay service at this **website**:

www.nzrelay.co.nz/index

You can call Healthline on:



0800 358 5453



It does not cost money to call these numbers.

Where to find more information



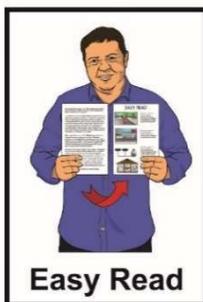
The government **website** about COVID-19 is:

<https://covid19.govt.nz>



You can use this website to find out more information about:

- looking after yourself if you have COVID-19
- where to get support if you need it.



More information about COVID-19 is available in Easy Read on the COVID-19 **website** at:



<https://covid19.govt.nz/easy-read>

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