

Information for Stage 3 from your Public Health Nurses

Kia ora Whanau

The move to level three of managing Omicron seems to have happened quite fast and it has been hard to get our heads around what this means for our community and families. So, we have put together a few bullet points of information to try and clarify a few things

- Stage 3 means that if you become a case you will be self-managing as best you can. There are 2 pathways that may be used.
 - 1) Online self-management – following a positive PCR, you will get a text with your results and initial instructions, you will complete online clinical health check each day and you will be directed to where you can ask for support with food and other welfare needs. You will be asked to do your own contact tracing. At any time if you are not managing, become increasingly unwell or any other concerns you can ring your G.P, emergency services or Healthline for further advice. You will be released from isolation via text.
 - 2) Supported self-management – In some cases where you may have other health needs, no cell phone or internet coverage or need to be managed in a more supported way, your Primary care provider (G.P) or the local care co-ordination hub will notify you and guide you through the process. At any time if you are not managing, become increasingly unwell or any other concerns you can ring your G.P, emergency services or Healthline for further advice. You will be released from isolation via text or phone call.
- At Stage 3, only your household contacts will need to isolate with you. Household contacts will need to test on the cases day 3 and 10 and if symptoms develop. Household contacts isolate from the day the case gets their positive test. They are released on the same day as the case (10 days) unless they become unwell. In that situation all household contacts start again at day 0. Except for the original case, that person once they have completed isolation is free to go.
- Cases are responsible for informing any close contacts they may have, a definition of a close contact can be found here <https://covid19.govt.nz/testing-and-tracing/contact-tracing/close-contacts/#:~:text=a%20Close%20Contact-You%20are%20a%20Close%20Contact%20if%20you%20have%20had%20contact,or%20not%20wearing%20it%20properly.>
- Testing in CHB – most testing at stage three will be a RAT (rapid antigen test), generally you will be asked to complete this test at home. Testing packs are available from the drive through testing centre at the back of the CHB Health Centre. **RAT tests will be only available for household contacts and symptomatic people. Close contacts do not require testing unless they become symptomatic.** At this stage Tukituki Medical, Unichem Waipukurau or Waipawa Pharmacy are **not** able to supply RAT tests. Takapau Health centre can.
- If you get a positive RAT test at home, log in to your My Covid Record account or call [0800 222 478](tel:0800222478) and press option 3.

Please remember to be kind to those providing a service at this time, we understand the frustrations and worry that is out there and we are all doing the best we can. This advice may of course change as we move through the next few weeks.

Nga Mihi

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Public Health Nurses for CHB

