

Updated guide to self-isolation



You will need to self-isolate from others if you:

are **positive** for COVID-19

live with a **positive case**

You must isolate at home or in suitable alternative accommodation. If you test positive for COVID-19, a health professional will help you decide if managed isolation is suitable for you.

Isolate for 10 days from when you test positive

Isolate for 10 days

No further tests required unless directed to

Tests on Day 3 and Day 10

Financial support may be available - to see what you may be eligible for **click here**.

This information is accurate as at 24 February 2022. However it may be updated if phases of the Omicron response change. For the most up-to-date information please visit [covid19.govt.nz](https://www.covid19.govt.nz)