

Category	Description	Actions for the Case or Contact	Actions/Advice for Public Health/National Investigation and Tracing Centre (NITC)/District Health Boards (DHBs)	
Healthcare workers who are cases or contacts should follow instructions from their employer and/or refer to <a href="#">Guidance for return to work for healthcare workers</a> .				
<b>Not a contact</b>	General public and surveillance testing	<ul style="list-style-type: none"> <li>Asymptomatic: self-monitor for symptoms</li> <li>Symptomatic: undertake a rapid antigen test (RAT) if symptomatic. If the RAT is negative, and symptoms persist/worsen, then test again 48 hours after the negative test. If symptoms resolve, there is no need for a further test</li> </ul>	<ul style="list-style-type: none"> <li>None</li> </ul>	
<b>Close contact</b>	Household members of a case	<ul style="list-style-type: none"> <li><b>Whole household has the same day 0</b> as the initial case - household members only commence their isolation once the case has received a positive test result; self-release on the same day as the case, provided they have no new or worsening symptoms, and a negative day 7 test                             <ul style="list-style-type: none"> <li>If a positive case enters a household partway through their isolation period (e.g., student returning from hostel to home, or shared care situations), the new household is required to isolate for 7 days <b>from the date of entry</b> of the case (7 days from exposure).</li> </ul> </li> <li>Avoid or minimise contact with case to the greatest extent possible during the isolation period</li> <li>On <b>day 3 and day 7</b> of isolation, the household members get a RAT</li> <li>If symptoms develop at any stage, get an additional RAT. If RAT is negative, and symptoms persist/worsen, get another RAT 48 hours later. If second RAT is negative, they are not a case; no need for a further test, until RAT to release on day 7</li> <li>If symptoms resolve, no need for a further test, until RAT to release on day 7</li> <li>If negative RAT on day 7 but newly symptomatic, recommend a further RAT is done 48 hours later (day 9). If that second RAT is negative, they are not a case. If still has symptoms, advise to stay at home until 24 hours after symptoms resolve</li> <li>If RAT results are positive at any stage, commence 7 days self-isolation as a case</li> <li>Self-isolation does not restart if additional members of the household are identified as cases within the initial case's 7 days isolation period</li> <li>If a new case develops in the household:                             <ul style="list-style-type: none"> <li>within 10 days of the initial case being released from isolation then other household members <b>do not</b> need to re-isolate</li> <li>more than 10 days after the initial case was released then household members (other than those who became cases) <b>do</b> need to re-isolate for 7 days</li> </ul> </li> <li>Avoid attending high risk settings (as a visitor) (e.g., aged care facilities, prisons, hospitals (unless requiring care)) until 10 days have passed since exposure to COVID-19</li> </ul>	<ul style="list-style-type: none"> <li>Support critical infrastructure/health workforce to work using the Close Contact Exemption Scheme if required</li> </ul>	
	Cases with an onset of COVID-19 infection within the last 90 days, are not considered a household close contact and not required to re-isolate during this time.			
	All other close contacts	<ul style="list-style-type: none"> <li>Known contacts notified directly by the case, their workplace or education settings; unknown contacts may be notified by Bluetooth</li> <li>No legal requirement to self-isolate</li> <li>Self-monitor for symptoms for 10 days</li> <li>If symptoms develop at any time during the 10 days, test immediately and stay at home until negative test result received AND until 24 hours after symptoms resolve</li> </ul>		
<b>Case</b>	Confirmed case if PCR or Probable case if RAT	<ul style="list-style-type: none"> <li>PCR or RAT positive</li> <li>Upload RAT result to <a href="#">My Covid Record</a> (both positive and negative results must be recorded)</li> <li>Notified by text message</li> <li>Complete online contact tracing form if possible</li> <li><b>Day 0</b> is when symptoms developed or date of test if asymptomatic, whichever comes first</li> <li>Self-isolate at home for 7 days. Avoid contact with other household members to the greatest extent possible during the isolation period</li> <li>Wear mask and physical distance in shared spaces</li> <li>Self-release after completion of 7 days of isolation; do not re-test prior to release</li> <li>If still have symptoms after 7 days, advice is to stay at home until 24 hours after symptoms resolve</li> <li>Avoid attending high risk settings (as a visitor) (e.g., aged care facilities, prisons, hospitals (unless requiring care)) until 10 days have passed since considered a positive case</li> </ul>	<ul style="list-style-type: none"> <li>Phone interviews for priority populations/incomplete forms/those who are unable to complete online contact tracing form</li> <li>Manage complex case investigations and high-risk exposure events</li> <li>Consider a managed isolation facility (MIF) in exceptional circumstances, for case and/or household members</li> </ul>	

If ≤28 days following onset of infection, no further self-testing for COVID-19 is recommended. If ≥29 days since previous infection and new COVID-19 like symptoms develop, take a RAT. Reinfection is unlikely but possible with new variants. If RAT is positive, follow usual advice for cases and household contacts. If RAT is negative but symptoms persist, repeat RAT 48 hours later. If RAT is negative, not a new case; stay at home until at least 24 hours after symptoms resolve.

## Contact risk assessment

The following table should be used to guide assessment and management of contacts exposed during a case's infectious period.

The following table is **NOT** for:

- Household contacts - they are managed as a 7-day bubble with the case
- contacts in healthcare - refer to [Guidance for return to work for healthcare workers](#)

NOTE: An individual public health risk assessment should be carried out for contacts in residential facilities including aged care, correctional centres or other settings where cases and contacts interact frequently with people at high risk of severe illness.

	Type of interaction	Examples	Face covering worn by case <sup>1</sup>	
			Yes <sup>2</sup>	No or unknown
<b>Close range contact within 1.5m of case</b>	Direct contact with respiratory secretions or saliva (indoors or outdoors) <b>OR</b> Face to face contact with a case who is forcefully expelling air/secretions <b>FOR ANY DURATION OF TIME REGARDLESS OF FACE COVERING USE</b>	Singing, shouting, coughing, sneezing Active play in close proximity (heavy breathing related to exertion) Kissing, spitting, hongi, sharing cigarettes or vapes	<b>Close</b>	<b>Close</b>
	Indoor face to face contact for more than <b>15 minutes</b>	Having a conversation, sitting across a table from someone, eating together, playing together	<b>Not a contact</b>	<b>Close</b>
	Non-face to face contact for more than <b>1 hour</b> in an indoor space	Sitting or playing near someone	<b>Not a contact</b>	<b>Close</b>
<b>Higher risk indoor contact more than 1.5m away from case and no close-range contact</b>	Indoor contact in a small space without good airflow/ventilation* for more than <b>15 minutes</b>	Small offices, toilet blocks Close contact businesses such as hairdressers Buses, trains, taxis School classrooms, restaurants, cafes, bars	<b>Not a contact</b>	<b>Close</b>
	Indoor contact in a moderate sized space without good airflow/ventilation for more than <b>1 hour</b>	Bars and pubs, Social gatherings, church sessions Indoor, high intensity sports, Gyms and indoor recreation settings	<b>Not a contact</b>	<b>Close</b>
<b>Low risk contact (no close-range contact or higher risk indoor contact)</b>	Large indoor settings (bigger than 300m <sup>2</sup> ) if none of the criteria above are present	School and community halls, exhibition centres, hardware stores, supermarkets	<b>Not a contact</b>	<b>Not a contact</b>
	Smaller indoor venues (less than 300m <sup>2</sup> ) with good air flow-ventilation for up to 2 hours	Well ventilated rooms/offices (e.g., windows open)	<b>Not a contact</b>	<b>Not a contact</b>
	Brief indoor contact regardless of distance from case	Conversations <15 mins Passing each other in the corridor, sharing an elevator Collecting takeaways, click & collect services	<b>Not a contact</b>	<b>Not a contact</b>
	Contact in outdoor spaces <b>FOR ANY DURATION OF TIME</b>	Most outdoor recreation activities, including outdoor dining Non-contact outdoor sports, petrol station forecourts	<b>Not a contact</b>	<b>Not a contact</b>

\*Good air flow and ventilation is required to prevent virus particles accumulating in an indoor space. Good ventilation/airflow can be achieved by keeping windows open.

<sup>1</sup> For masks to be effective, it is important they are of sufficient quality (medical or multilayer cloth masks) are worn. Mask breaks are recommended to improve compliance over a workday. Masks should be changed if they become wet or dirty.

<sup>2</sup> Consistent use of a mask by a case will minimise the likelihood that other people are close contacts. Short time periods without wearing a mask (less than 15 minutes) will not change the categorisation of other contacts in the same space, unless the case was coughing, sneezing or shouting at the time.