





Omicron in the community: what this means for you

March 2022

Phases for response to Omicron			
	Phase One <i>There are some cases in the community but we continue to stamp it out</i>	Phase Two <i>Cases have spread in the community so we need to minimise and slow further spread and assist our vulnerable communities</i>	Phase Three <i>There are thousands of cases per day: most people will self-manage and health and social services focus on families and communities that have the highest needs</i>
Things you can do to protect yourself at ALL phases:	Get your COVID Booster shot 5-11 year olds first vaccination	Continue to Mask, Scan and Pass wherever you go	Good hygiene, physical distancing and stay home if unwell
 Testing	<ul style="list-style-type: none"> • PCR test for people that have symptoms and close contacts at GP or Community Testing Centre • PCR testing for international arrivals • Find testing sites closest to you here: Healthpoint.co.nz 	<ul style="list-style-type: none"> • Rapid Antigen Tests (RAT) may be used in addition to PCR testing for symptomatic people and close contacts • Critical worker close contact exemption scheme begins: asymptomatic healthcare and critical workforce who are close contacts test daily using RATs. • PCR testing to confirm diagnosis if positive RAT. 	<ul style="list-style-type: none"> • Due to so many cases per day, focus of PCR testing is on priority populations • Symptomatic people and household contacts may use a RAT for diagnosis – record positive or negative results on My COVID Record or through 0800 222 478 • RATs available at a variety of locations, depending on reason for testing, including Community Testing Centres/Pick Up Points, GPs, pharmacies, community providers or workplaces • Close Contact Exemption Scheme for household contacts: using RATs for asymptomatic healthcare and critical workforce • Critical healthcare workers exemption for Cases: pathways based on where they work, mild and asymptomatic workers only.
 Case investigation and contact tracing	<p>Cases contacted as usual.</p> <p>Cases:</p> <ul style="list-style-type: none"> • Identified via positive PCR test • Notified by phone call and phone based case investigation <p>Contacts:</p> <ul style="list-style-type: none"> • Active management of close contacts • Close contacts notified by phone call • Push notifications (QR scanning), Bluetooth and locations of interest used to identify contacts. 	<p>Digital technology is utilised more as cases grow – text via mobile phone and information via email. Support for those not digitally enabled.</p> <p>Cases:</p> <ul style="list-style-type: none"> • Identified via positive PCR test • Notified by text and directed to complete COVID-19 Contact Tracing form online • Self-investigation tool increasingly targeting high-risk exposures (events or locations) • Phone based interviews where required • Household contacts identified, test required on days 3 and 8, or if symptomatic <p>Contacts:</p> <ul style="list-style-type: none"> • Regular communication with household contacts • Non-household Close Contacts notified via text, self-manage, test on day 5 or when symptomatic • Push notifications (QR scanning), Bluetooth and Locations of Interest used to identify contacts • Close Contact Exemption Scheme using RATs for critical infrastructure workers if needed. 	<p>Digital technology continues – a self-serve model – with cases supported to self-notify close contacts. Focus on support for those not digitally enabled.</p> <p>Cases:</p> <ul style="list-style-type: none"> • Identified via positive PCR or RATs or symptoms. • Notified by text and directed to complete COVID-19 Contact Tracing form online • Self-investigation tool targets very high-risk exposures, narrowing the numbers of contacts identified • Critical healthcare workers exemption for Cases: pathways based on where they work, mild and asymptomatic workers only. <p>Contacts:</p> <ul style="list-style-type: none"> • Household Contacts to be identified via online self-investigation tool and notified by Case • Non-household contacts are not required to isolate but should stay home and test if unwell • Continued use of Bluetooth • Close Contact Exemption Scheme using RATs for asymptomatic healthcare and critical infrastructure workforce who are household contacts.
 Isolation & Quarantine	<p>Cases:</p> <ul style="list-style-type: none"> • Isolate for 14 days <p>Contacts:</p> <ul style="list-style-type: none"> • Isolate for 10 days • Extra support in place for health and critical workforces. 	<p>Cases:</p> <ul style="list-style-type: none"> • Isolate for 10 days (self-release after 10 days) <p>Household contacts of a Case:</p> <ul style="list-style-type: none"> • Isolate until case completes 10 days. Test on Day 3 and Day 8 of the case's isolation, or if symptomatic <p>Close Contacts:</p> <ul style="list-style-type: none"> • Isolate for 7 days. Test Day 5 or if symptomatic • Extra support in place for health and critical workforces. 	<p>Cases:</p> <ul style="list-style-type: none"> • Isolate for 7 days (self-release after 7 days) <p>Household contacts of a Case:</p> <ul style="list-style-type: none"> • Isolate until case completes 7 days. Test on Day 3 and Day 7 of the case's isolation, or if symptomatic. <p>Close Contacts:</p> <ul style="list-style-type: none"> • No requirement to isolate. Self-monitor for 10 days and test if symptomatic. • Extra support in place for health and critical workforces.
 Health and social support - Care in the Community	<ul style="list-style-type: none"> • Begin shift to self-service - text/online • Some positive cases using self-service tools. such as online contact forms • Clinical care will be delivered by primary care teams, supported by the local care coordination hub. • All steps taken to support positive cases to isolate in their usual place of residence, with alternative accommodation options across the regions. 	<ul style="list-style-type: none"> • Cases using self-service where possible, ensure those with greatest need are being met • Support by local care coordination hub for those with a need for ongoing clinical care. • Other people with lower clinical risks, may contact external providers. • Support for most positive cases to isolate in their usual place of residence. Alternative accommodation options across the regions are still available. 	<ul style="list-style-type: none"> • Majority of positive cases are self-management. • Clinical care is focused on anyone with high-needs • Wraparound health and welfare support services will focus on those who need it most • Support for positive cases to isolate in their usual place of residence. Some alternative accommodation capacity available for cases that are unable to safely isolate at home.