

# What happens about work if I test positive?

If you test positive for COVID-19, you and your household contacts - the people living in your home with you, must isolate at home for seven days.

## What can I show to my employer to prove I have to isolate?

Your text from the Ministry of Health. When you test positive for COVID-19, register your result on MyCovidRecord or call 0800 222 478. You will be sent a text message from the Ministry of Health which you can on-send to your employer to notify them you are isolating.

## How do I get paid while I am isolating?

Talk to your employer first about your leave options. They might look at applying for the Leave Support Scheme via Work and Income to help pay for some of your leave while you isolate. Employers of your household contacts could also apply for the Leave Support Scheme. See: [www.workandincome.govt.nz/covid-19/leave-support-scheme](http://www.workandincome.govt.nz/covid-19/leave-support-scheme)

## Do I get tested while I am isolating?

No, not if you have already tested positive. The other people living in your household are required to complete Rapid Antigen Tests (RATs) at Day 3 and Day 7 of your isolation. They can order free RATs online at <http://requestrats.covid19.health.nz/> or can collect them from a testing station, see [www.healthpoint.co.nz/covid-19](http://www.healthpoint.co.nz/covid-19)

## What happens if a household contact tests positive?

Anyone in your household who tests positive will begin a new seven-day isolation period from the day of their positive test. The remainder of the household can return to life as normal at the end of your original isolation period, if they have a negative test at Day 7 and are feeling well.

## Do I need a negative Rapid Antigen Test to prove I can return to work?

No. You can return to work at the end of the seven-day isolation period, provided you are not experiencing new symptoms or feeling unwell. You'll get a text at the end of your isolation.

## I work in a 'critical' industry. Do I still have to isolate?

Yes, if you have tested positive for COVID-19. If your household contacts work for an organisation registered as 'critical' by the Ministry of Business, Innovation and Employment (MBIE), they can continue to work during your isolation by taking daily RATs before work and testing negative for COVID-19, provided they're fully vaccinated and don't have any symptoms. See: [www.business.govt.nz/covid-19/close-contact-exemption-scheme](http://www.business.govt.nz/covid-19/close-contact-exemption-scheme)

## Should I go to work if I am unwell but test negative for COVID-19?

No. Stay home if you are not well and take another RAT if symptoms persist. If negative, your leave options might include paid or unpaid sick leave or annual leave. Discuss your options with your employer.

## What if I need help while I am isolating?

If you don't have the support of friends, family or neighbours for your isolation period, and need help, you can call 0800 512 337 and we will do what we can to put you in touch with the support you need.