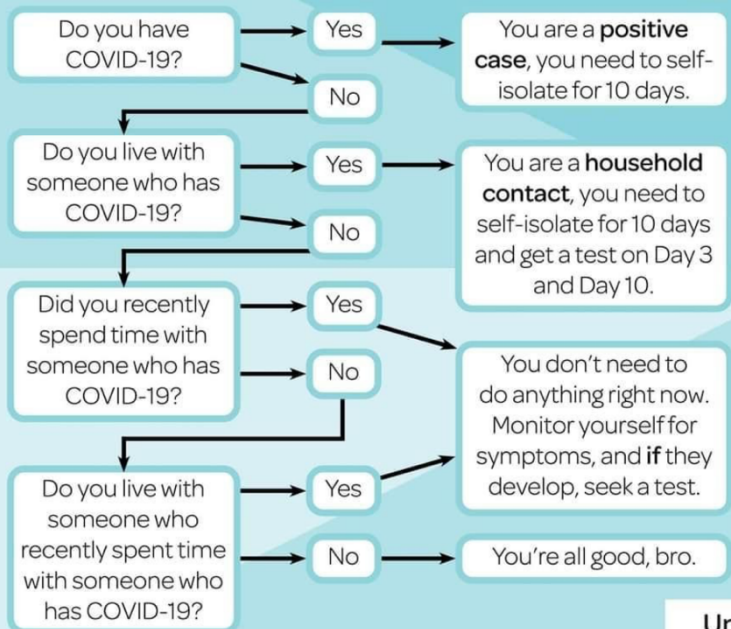
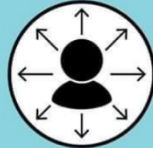


# What type of contact are you?



# 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 - check our website to find out what you may be eligible for: <a href="https://www.Covid19.govt.nz/financial-support/">Covid19.govt.nz/financial-support/</a>	

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 our website at [www.Covid19.govt.nz](https://www.Covid19.govt.nz)