

# 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: [Covid19.govt.nz/financial-support/](https://www.covid19.govt.nz/financial-support/)

This information is accurate as at 21 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)

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