**What happens if your RAT result is positive for COVID-19?**  
  
1️⃣**Self-isolate**  
You’ve already prepared for it, now kick your isolation plan into action and stay home.  
  
How to self-isolate: [https://covid19.govt.nz/isolation.../how-to-self-isolate/](https://covid19.govt.nz/isolation-and-care/how-to-self-isolate/?fbclid=IwAR07LTTmGU8YbsU6R5ggAGRli8rDNfRSnJLXwpi_WTbiyd8odFTF3hKJdEc)   
  
Advice for your Household Contacts: [https://covid19.govt.nz/.../contact.../household-contacts/](https://covid19.govt.nz/testing-and-tracing/contact-tracing/household-contacts/?fbclid=IwAR1fcf6suGmcZ-YYqFSZxyUC1X63zJjgkS2bzstVaHUBrqEXkdba4fgzMl0)   
  
**2️⃣Record your positive result**  
If your RAT is positive, you need to report your result on [www.MyCovidRecord.nz](http://www.MyCovidRecord.nz/?fbclid=IwAR30tcYMqauP0rmKM4AZ8buZsdh7buQXHSUn-FJDFVj4MkCy32rQrzr78Ko)

or call **0800 222 478** and press option 3. ( for children need to phone this number )  
  
If you got a supervised RAT at a Community Testing Centre or other health provider, the result should be automatically entered for you and will turn up on your My Covid Record.   
  
Your positive test result is recorded and you will get sent a link to a contact tracing form with a unique code. It may take up to 24 hours to receive your code.  
  
Please make sure you fill in this form as it will help us identify if you need any additional health and welfare support. It will also help for contact tracing purposes.   
  
If you don’t have access to a mobile phone or internet, a health provider will be in touch to help collect these details.  
  
If you have a positive result from a PCR test, you will get a text from the official 2328 number.  
  
**3️⃣Look after yourself**  
Most people will have mild to moderate symptoms and will be able to self-care at home. Care and support will continue to be there for people who need it.   
  
Some people will receive additional health and wellbeing checks depending on their needs. As always, Healthline is available free and 24/7 on **0800 358 5453**.  
  
It is important to track your symptoms every day in case you become more unwell and need urgent medical care.   
  
There's more information about managing symptoms on this website: [https://www.health.govt.nz/.../advice-people-covid-19...](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.health.govt.nz%2Fcovid-19-novel-coronavirus%2Fcovid-19-health-advice-public%2Fadvice-people-covid-19%3Ffbclid%3DIwAR0VUescaXqA4TnFa8YMbGg4SO1F9FUT2iE4Hr0TCa0E00KwNGzX9CNIQQQ%23infection-care&h=AT37tPtMcN-xutMly8kNdg_gfE_c0i2VXfhHI8xbz_bDD04Aa8E2MNI1QZF5eYKU_jYRJudM9ZMKbvhWD8HD93Ar4nV3DqzuFusdHswF1_1oZoOMIfNcDdIFFYe2rjQgL_J4&__tn__=-UK*F)   
  
**4️⃣Get help if you need it**  
Wellbeing and financial help is available: [https://covid19.govt.nz/.../help-when-you-are-self.../](https://l.facebook.com/l.php?u=https%3A%2F%2Fcovid19.govt.nz%2Fisolation-and-care%2Fhelp-when-you-are-self-isolating%2F%3Ffbclid%3DIwAR0X-l-dvZXyCf9-TqAl3DpX64KP9zohU9zILvSojpQHZUymxuUGP2QpvA4&h=AT0aCgKlFkTvwpK-KBBlFS142BnIDxYCdl-FCxITA2QTEczizImySqYryOsnD5RW9sWpsociHCo0wsbWiB3Y9Jvws29axDBiDgXTbRSR4Ynw4-SYQukvSvma0mgN7lKK-k8s&__tn__=-UK*F)   
  
**5️⃣Check that you’re ok to leave self-isolation**  
After 10 days, and if you are free of COVID-19 symptoms, you will be able to leave self-isolation without needing to do anything further. Others in your household will need to return negative tests on the relevant days before they can leave self-isolation.  
  
Find out more about testing positive for COVID-19 here: [https://covid19.govt.nz/.../what-happens-if-you-test.../](https://covid19.govt.nz/isolation-and-care/what-happens-if-you-test-positive-for-covid-19/?fbclid=IwAR1ZFbbS6cN7SZIq8z4SjXswjgVVJVCqIJMeF1sGzbVItxLL6YfVpk05zEI)

Diagram

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