

## Te Awakairangi Health Network

Yesterday at 17:46 - 3

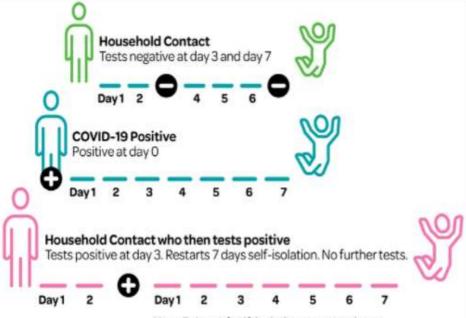
See the visual below to help explain the new changes to isolation and testing. Two key things to know if you have tested positive are:

- . Your isolation period starts from the date of your positive test OR the day you started having symptoms, whichever came first.
- You no longer need a negative test to finish isolating or to return to work as long as you have no symptoms. This is because the risk of passing it on after day 7 with no symptoms is low.

Stay well Hutt Valley 💛 💜



Protect Greater Wellington Hutt Valley District Health Board Kokiri Marae Health & Social Services, Pacific Health Service - Hutt Valley



Your 7 days of self-isolation starts again on the day of your positive test or the day your symptoms started. Whichever comes first.