

# What you need to know about *Phase 3*

Important information for Pacific communities in Canterbury



**Canterbury**

District Health Board

Te Poari Hauora o Waitaha



**Unite  
against  
COVID-19**

**Phase 3 of the  
Omicron outbreak  
means there are  
thousands of  
new cases in the  
community each day.**

Most people will  
be able to look  
after themselves;  
however, we are here  
to help families and  
communities that need  
extra help to navigate  
these waters.



## Testing

If you have COVID-19 symptoms or live in a house with someone who has tested positive for COVID-19 you can get a Rapid Antigen Test (RAT).

RATs can be used to see if you are a positive COVID-19 case, so you don't need to do a more invasive PCR test.

You can get a RAT at a range of places, including GPs and pharmacies. They are also available from your local Pasifika healthcare provider (see page 8).

Your local Pasifika healthcare provider can provide you with a take home kit (self-test) to test yourself and your family, or can do the supervised RAT test for you.

## What if I test positive?

If you test positive, you will be contacted by text and asked to complete a COVID-19 contact tracing form online.

If you choose to **self-test**, you will need to enter your details into the online system. Information on how to do this is provided along with your RAT test-kit.

If you choose to use the **supervised RAT test** and are confirmed as positive, your details will be entered into the system and you will get help to complete the COVID-19 contact tracing form.

## Isolating

If you return a positive test, you will need to isolate for 7 days.

***You will only need to isolate if you test positive for COVID-19 or someone in your household tests positive for COVID-19.***

## Household contacts

If someone in your house has COVID-19, you must also isolate at home for 7 days. You will be asked to take a test on Day 3 and Day 7, or if you have symptoms.

**Unless** you are a critical worker who works for a:

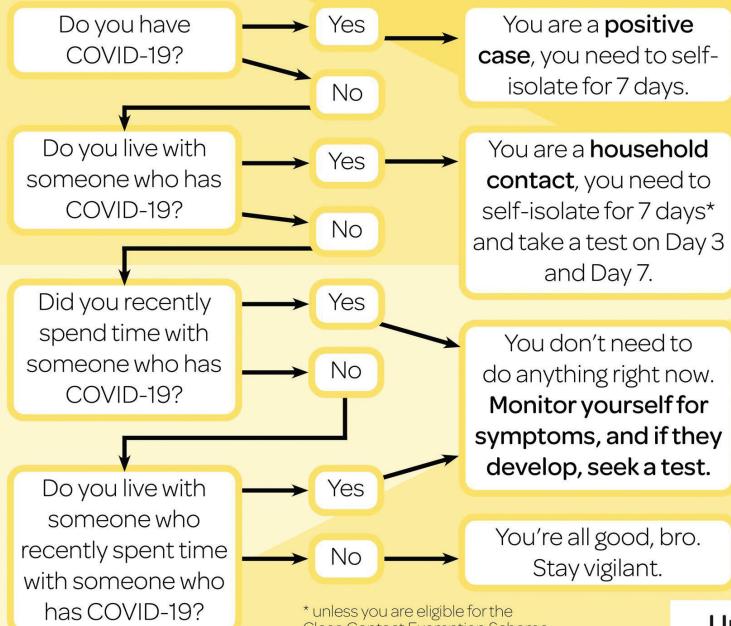
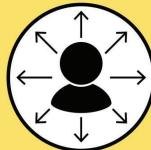
- health service
- managed isolation or quarantine service,
- emergency service
- a critical service provider.

In this instance, you can return to work after taking a ***negative RAT test***.

Close contacts outside of the household do not need to isolate. They should monitor for symptoms for 7 days and take a test if they have symptoms.



# What type of contact are you?



\* unless you are eligible for the Close Contact Exemption Scheme.

## Vaccination keeps our children safe

Immunisation is an important way we keep our children safe, like being sun smart or wearing a seatbelt. It protects them from many serious diseases and stops disease spreading within our whānau and communities.



In Aotearoa, children get free vaccinations against 12 diseases, including whooping cough (pertussis), measles and polio. Five to 11-years-old children are now able to be immunised against COVID-19.

This not only protects children but also helps protect whānau members who may be more vulnerable to the virus.

Children will receive a smaller dose of the COVID-19 Pfizer vaccine. They will need two doses at least 8 weeks apart to be fully protected.

## **Make sure you've had your booster shot!**

A booster shot helps to strengthen your first two vaccinations and protect you further.

Boosters are available for anyone aged 18 or over who has had their two shots at least three months ago.

It is strongly recommended that you get a booster shot to help strengthen your immune system against COVID-19.



## **Health and social support**

For anyone with high needs, wraparound health and welfare support is available. Please access your preferred health provider:

### **Tangata Atumotu**

*0800 PASIFIKA (0800 727 434)* for welfare support, access to and support with rapid antigen tests, or help with vaccinations.

The Māui vaccination clinic is situated at the Hub, Hornby.

### **Vaka Tautua Services**

Call Malu Tulia on *0220 345 070* for disability and access support.

### **Etu Pasifika**

*0800 388 434* for help with bookings and appointments.

#### **Partnership Community Worker**

Call Christine Lelei-Fenika to access support with your medical practice. Phone or text *0219 069 26*