

The Anglican Diocese of Nelson



Traffic Light System: Fact Sheet 9

Close Contacts, Isolation & Rapid Antigen Testing

Current as at: 10 March 2022

Close Contacts at Phase 3

If you are notified as a close contact:

You may be told that you are a close contact by someone you know who has tested positive for COVID-19. You may also receive a text message telling you that you are a close contact which will provide you with a link to find out what this means. If you have a NZ mobile, then these texts will come from 2328. If you are concerned that a text is not genuine, you can call or email Healthline and request a call back.

If you use the NZ COVID Tracer app and have Bluetooth enabled, you may get an orange alert telling you that you are a close contact. The alert will tell you what to do - it is important that you follow these instructions.

Regardless of guidelines for testing and self-isolation, any time you develop symptoms of COVID-19, get a test.

You are considered a close contact if you have:

- Been close (within 1.5 metres) to someone who has tested positive for COVID-19 for more than 15 minutes and they were not wearing a mask or were not wearing it properly,

OR
- You had direct contact with respiratory secretions or saliva from the person with COVID-19 (eg, kissing, shared a cigarette, vape or drink bottle, or if the person coughed or sneezed directly on you.)

OR
- Spent time in an indoor space for more than 1 hour with the person with COVID-19 AND at least **one** of the following:
 - the person with COVID-19 was singing, shouting, smoking, vaping, exercising, or dancing

- the person with COVID-19 was not wearing a mask or wasn't wearing it properly
- the indoor space was poorly ventilated (i.e., there were no windows or doors open)
- the indoor space was smaller than 100m² (about three double garages)

If you have been told you are a **close contact**, then (whether you are vaccinated against COVID-19 or not):

1. **Self-monitor** for symptoms for **ten days**
2. **If symptoms develop** at any time during the ten days, **get another test immediately** and stay at home until you receive a negative test result and until 24 hours after you no longer have symptoms.

Are you a household contact?

If you **live with someone who has tested positive for COVID19**, you are considered a **Household Contact** and will need to isolate for 7 days and will need to get a test on Day 3 and Day 7 of your isolation.

Rapid Antigen Testing

Clergy have been registered as critical workers providing services to the dead. (i.e. Funerals & support of those grieving) This means that you may be able to provide services to the dead during the isolation period. (No other contact with people is permitted during the self-isolation period – the isolation exemption only relates to funerals & supporting the grieving.)

In order to provide services to the dead you will need to:

- be fully vaccinated (Proof is required)
- be asymptomatic
- return a negative rapid antigen test unsupervised before starting work each day during your isolation period
- follow specific health protocols
- only go to work — **You cannot go anywhere else.**

Note: If you have any symptoms, you must remain self-isolated and get a PCR test.

Obtaining RATs to provide services to the dead:

To obtain your pack of Rapid Antigen Tests you will first need to contact the diocese office to be supplied with the following:

- A critical worker authorisation letter, which will include:
 - a declaration from the diocese that you are fully vaccinated.

- a declaration that you, and the work that you are undertaking is critical, with a rationale.
- an outline of the protocols that must be followed to mitigate transmission risks
- the diocese's unique identifier from the Critical Services Register email
- a link to the site from which RATs may be ordered

At the time of applying to the diocese for your letter you will also need to supply proof that your vaccination status is up to date. (This is most easily accomplished by taking a screen-shot of your MyCovidRecord and e-mailing it through.

You will need to supply the above letter when you order/pick-up your RATs.

You can get your free RATs by ordering online and picking them up from a collection site near you. You will need to be able to provide:

- the authorisation letter from the diocese office, confirming you are a critical worker performing critical work.
- personal ID (for example, a driver's licence)
- evidence that you are a Close Contact (for example, a text message from the National Investigation and Tracing Centre confirming that you are a Close Contact)
- your My Vaccine Pass.

Order your RATs here: <https://ncts.force.com/ratorder/s/>

Find your nearest RAT collection site: <https://healthpoint.co.nz/covid-19/?covidTesting=rats>

Remember: Rapid Antigen Tests are only 80% accurate so precautions are still vital.

Protocols to follow when working & using RAT tests

When working while self-isolating, the following safety protocols must be complied with:

- Daily symptom check and daily RAT testing is required before starting work.
- use a medical-grade mask at all times (including wearing a medical-grade mask before entry to the workplace, and changing it as needed during the day)
- comply with any infection prevention and control protocols at work
- anyone working in the same defined space must also wear a medical-grade mask, and distance where possible
- travel solo or with a household member to, from and around work or between jobs
- eat alone in a well-ventilated space, outdoors where possible
- use a dedicated bathroom (if this is not possible, no others should be present in the bathroom while the worker is using it)
- continue participating in regular workplace surveillance testing if this is already in place
- ensure that if symptoms develop at any stage, follow the public advice for close contacts with symptoms on the Ministry of Health website.

Additional diocese expectations are:

- Read and follow advice provided by the MOH: <https://www.health.govt.nz/covid-19-novel-coronavirus/covid-19-information-specific-audiences/covid-19-funeral-directors-religious-and-faith-based-leaders>
- Make it clear to those you are serving that you have been deemed a 'close contact' and are permitted to provide this essential service while in self-isolation and with a negative RAT result, but that it is important that extra precautions be taken in terms of distancing, ventilation, mask use, and sanitation etc. (Since RATs are only 80% reliable)
- Check that the above is understood, and that they still wish to access your services.
- Only meet in well-ventilated spaces and encourage everyone you share a space with, to wear a medical grade mask.

The result of the test must be recorded in your My Covid Record.

This video shows you how to record your RAT result:

