

NZDF COVID-19 Positive Case Exposure

WHAT IS THE EXPOSURE RISK?

Household or 'household like' exposure (shared ventilated, living, sleeping or shared communal spaces).

Barracks with shared sleeping rooms or partitioned only between rooms are considered households. Barrack personnel who use communal spaces without masks or distancing are considered households.

HIGH RISK contacts - locations where exposure to a positive case occurs for <8hrs a day but is;

- inside, shared small rooms or locations, and either positive person or contact not wearing masks
- Immediate desks next to positive case (within <2m even with masks)
- Persons who have attended a location with several known positive cases (e.g. 'super-spreader events'), events, weddings, parties, tangi etc.
- **Personnel within 5 days RTNZ from international travel.**

LOW RISK exposure to known case;

- Community locations with short exposure times, well distanced or outside, masked all times.
- Workplace locations that are **LOW RISK** contact with a case due to FHP measures in place e.g. short exposures, well distanced, ventilated or outside, masked all times.

Target is to create this environment for most NZDF workplaces

VERY LOW RISK - exposure to a close or casual contact of a known case. i.e. no direct exposure to case

WHAT DO I DO?

Household contacts self isolate **7 days**, test **day 3** and **day 7**, if negative tests **and no symptoms** may return to work **day 08** if approved by commander/manager

Commanders/managers may identify household contacts who meet criteria for shorter isolation periods due to a specific task that needs to be completed by that person in a workplace. Contact DHC MO for recommendations to facilitate exemptions and access to additional testing.

HIGH RISK (non Household contacts) either;

- Self Isolate for **5 days** from last exposure. **Test on day 5** after last exposure to case, return to work on **day 6** if negative test **and no symptoms**, **or**
- Commanders/managers can put in place a **risk management plan** that reduces the risk of onward transmission from these high risk contacts, keep them in the workplace if they remain asymptomatic and get a **day 5** test.

Any COVID-19 symptoms at any stage get additional testing.

For any welfare support during your isolation period contact your commander or manager.

Careful continued self-screen for symptoms. Discuss with 1-up if can attend work safely. If any symptoms develop stay home and get a test. Maintain all workplace FHP measures.

Keep self screening for symptoms and only isolate if the secondary contact returns a positive test.

WHEN SHOULD I GET TESTED?

Any COVID-19 symptoms regardless of known exposures.

Testing after **Household** or **HIGH RISK** contact with a COVID-19 case on testing days stipulated.

If symptomatic with contact history, isolate and seek health advice even if test is negative.

Regular Surveillance Testing – directed by NZDF health approved workplace plan

Testing directed by NZDF health approved workplace risk management plan.

See following guidelines for [RAT](#)

WHERE SHOULD I GET TESTED?

Testing can be conducted at home or at a community testing location, your usual GP or a Defence Health Centre unless directed to an alternative as part of surveillance testing or approved NZDF workplace testing plan. Tests may be RAT or PCR tests unless specifically directed to get a PCR.

Testing Centres:
www.healthpoint.co.nz/covid-19
or call Healthline on 0800 358 5453

WHAT IF MY TEST RESULT IS POSITIVE?

Stay away from the workplace and NZDF communal locations

Notify commander/manager and _____

If in barracks notify camp/base OIC.

Report a positive RAT through your mycovidrecord.health.nz

Uniformed NZDF pers must notify their local **Defence Health Centre on 0800 268 437**

Identify your **HIGH RISK** close contacts and locations attended in 48hrs prior to symptoms or positive test

For any welfare support during your isolation period contact your commander or manager.

For any health needs, civilian staff contact your local GP, or Healthline, uniformed staff contact Defence Health Centre on **0800 268 437**

See MoH [Advice for people with COVID-19](#)

Self isolate for **7 days** and **symptom free for 24hrs** then can **leave isolation**. Uniformed personnel should get clearance from commanders or health pers to determine if safe to **return to the workplace**. Civilian personnel notify commander / manager before return to work. **Day 11** post infection is considered the lowest risk return to work date.

NOTE - 7 days isolation for positive cases is **minimum only** and carries some residual risk of still transmitting infection through to 10 days. Commanders may choose to keep positive cases or household contacts out of a critical impact workplace for the full 10 days. **Personnel must be symptom free before entering any workplace.**

Must self isolate until get test result

COVID-19 Positive NZDF Personnel & Contacts

WHAT IF MY TEST RESULT IS POSITIVE?

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If in barracks notify camp/base OIC.

Report a positive RAT through your mycovidrecord.health.nz

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For any welfare support during your isolation period contact your commander or manager.

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See MoH [Advice for people with COVID-19](#)

Self isolate for **7 days and symptom free for 24hrs** then can **leave isolation**. Uniformed personnel should get clearance from commanders or health pers to determine if safe to **return to the workplace**. Civilian personnel notify commander / manager before return to work. **Day 11** post infection is considered the lowest risk return to work date.

Note – If you have travel planned in the next 28 days please contact your health provider for advice on additional testing and documentation to support recovery date from infection to meet border and airline requirements.

WHAT DOES A COMMANDER/MANAGER DO?

INITIAL ACTION

Determine if infected person has been in the workplace or an NZDF facility in the 48hrs prior to either their positive test or onset of symptoms.

Assess workplace EXPOSURE RISK. Identify likely contacts who are;

Household or 'household like' contacts (shared ventilated, living, sleeping or shared communal spaces).

HIGH RISK contacts - where exposure to positive case occurs for <8hrs a day but is;

- inside, shared small rooms or locations, and either positive person or contact not wearing masks
- Immediate desks next to positive case (within <2m even with masks)
- **Personnel within 5 days RTNZ from international travel.**

Persons who have attended a location with several known positive cases (e.g. 'super-spreader events')

Contact these initially identified pers and tell them to isolate. Develop your RMP and discuss with NZDF health personnel and decide the final appropriate action for these contacts.

Note - there may be initially be a wider workplace group asked to isolate with eventually a smaller group of HIGH RISK contacts identified once more information is available.

Identify low risk contacts (contact with per in same workplace but brief contact and masks worn) and advise to watch for symptoms, and if symptoms develop stay away from work and get a test.

FOLLOW-UP ACTION

Determine positive person is isolating in a safe location. Move to quarantine barracks if required.

Determine welfare support that may be required for isolation period for positive person and contacts. Review Family Support Plan for all isolating personnel.

Ensure isolating personnel linked in with NZDF or civilian health services for health support.

Maintain regular communications with all isolating personnel

Report positive cases through regular service or portfolio CoC and NOTICAS procedures.

Units/portfolios send weekly MIC individual details of known new positive mil and civ cases to; JSGCOVIDHealthCoord@nzdf.mil.nz
*copy to HQNZDF.COVID-19@nzdf.mil.nz

- [Reporting Template](#) can be confirmed by emailing this address.

Commanders/managers may identify household contacts who meet criteria for shorter isolation periods due to a specific task that needs to be completed by that person in a workplace. Contact DHC MO for recommendations to facilitate exemptions and access to additional testing.

Note - pers who are within 90 days of a previous positive test result, are not considered household contacts for new events within that 90 day period. However **if they are identified as HIGH RISK contacts they still need a day 5 test and if they develop symptoms at anytime after the exposure event they must be tested.** All FHP measures must be adhered to by these personnel at all times. If they test positive again they must isolate and seek health advice.
Pers who are under a regular surveillance testing regime and are within 28 days of a previous positive test result are exempt regular testing unless symptomatic or if testing is required for border work.

RETURN TO WORK

Positive cases can leave isolation after **minimum 7 days and symptom free for 24hrs**. Return to work should be advised by commanders or health pers for uniformed pers and by commanders / managers for civilian personnel. **Day 11** post infection is considered the lowest risk return to work date.

Household contacts can return to workplace on **day 8** if negative tests on **day 3** and **day 7** and no symptoms, if approved by commander/manager. **If there are new symptomatic positive cases in the household, contacts should remain away from the workplace until these cases have recovered. Health advice can be sought for earlier return to work.**

HIGH RISK contacts who are isolating can return to the workplace **on day 6** after a **negative day 5 test** and no symptoms and / or when advised to by command/health pers. All contacts must be symptom free and seek testing immediately if they develop symptoms after isolation period.

Personnel should be supported to be fully recovered from their infection before returning to full activities. A period of light duties may be advised by NZDF health personnel.

Household close contacts under approved shorter isolation periods must meet stated testing regime and maintain all workplace FHP measures as well as continuing to isolate for full isolation period when not in the workplace.

NOTE - 7 days isolation for positive cases is **minimum only** and carries some residual risk of still transmitting infection through to 10 days. Commanders may choose to keep positive cases or household contacts out of a critical impact workplace for the full 10 days. **Personnel must be symptom free before entering any workplace.**

Any cases of workplace transmission (i.e. evidence that a positive case in the workplace has infected another person in that workplace), must be reviewed by comd/managers against FHP measures for lessons to prevent future occurrence. If 3 or more pers are infected from an event, health pers should be part of the FHP review.