

NZDF COVID-19 Positive Case Exposure

WHAT IS THE EXPOSURE RISK?

HIGH RISK. Exposure to a known case:

- Normal household residents.
- Have spent at least 8-hours in a house with a infectious person.
- Barracks with shared sleeping rooms or partitioned only between rooms.
- Barrack personnel who use shared communal spaces.
- 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:

- All outdoor locations.
- Large indoor locations.
- Workplace locations with protection measures in place e.g. short exposures, well distanced, ventilated or outside, masked all times.

WHAT DO I DO?

HIGH RISK contacts should test daily for 5-days, starting from the day of exposure. They should wear a mask when outside their home for this 5-day period.

Where practical, it is recommended that personnel work from home for this 5-day period. However, if they remain symptom-free, they can attend work if their daily test is negative and they wear a mask. Commanders / managers should consider additional workplace protection measures, such as physical distancing.

During this 5-day period if personnel develop symptoms, they should stay at home until 24-hours after symptoms resolve, even if testing is negative. If they continue to have symptoms after completing 5-days of tests, they should continue to test daily until symptoms resolve or a total of 10-days

LOW RISK contacts should self monitor for symptoms. If symptoms develop they should test and stay at home until 24-hours after symptoms resolve, even if testing is negative.

Personnel who have had COVID in the preceding 28-days who are HOUSEHOLD or HIGH RISK contacts, are not required to test for 5-days or wear a mask outside their home. If they develop symptoms they should stay at home until 24-hours after symptoms resolve.

WHEN SHOULD I GET TESTED?

Any COVID-19 symptoms regardless of known exposures.

Daily testing for 5-days after **HIGH RISK** contact with a COVID-19 case. This is extended up to a total of 10-days if symptoms develop.

If symptomatic, stay at home even if test is negative.

If required – 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](#)

Must self isolate until get test result

HOW DO I ACCESS A TEST?

Rapid Antigen Tests (RATs) are readily available within NZDF:

- For Unit demand from DEMO
- From DHCs for individuals

RATs are also available free from the Ministry of Health:

- www.requestrats.covid19.health.nz
- 0800 222 478

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

WHAT IF MY TEST RESULT IS POSITIVE?

You **MUST** Self Isolate for **7 days** and be **symptom-free for 24hrs**. Then you can leave isolation and return to work.

Notify commander/manager.

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

If in barracks notify camp/base OIC.

Report a positive RAT through your mycovidrecord.health.nz

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](#)

COVID-19 Positive NZDF Personnel & Contacts

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Note – COVID-19 immigration requirements remain for some countries. 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 **HIGH RISK** contacts who are:

- Normal household residents.
- Have spent at least 8-hours in a house with a infectious person.
- Barracks with shared sleeping rooms or partitioned only between rooms .
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- Immediate desks next to positive case (within <2m even with masks).
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- Personnel within 5 days RTNZ from international travel.

Contact identified **HIGH RISK** contacts and inform them to test for 5-days, wear a mask outside their home and self-monitor for symptoms. Consider whether work from home is practical. If they are to return to work, consider additional workplace protection measures.

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

Note – individuals who are within 28-days of a previous positive test result, are not considered household contacts for new events within that 28-day period. There is no requirement to test within this 28-day period, unless directed by an MO. Individuals who develop new symptoms should stay at home until 24-hours after symptoms resolve.

RETURN TO WORK

Positive cases can leave isolation and return to work after a minimum of 7 days and symptom-free for 24hrs.

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.

NOTE - 7 days isolation for positive cases is **minimum only** and carries some residual risk of still transmitting infection through to 10 days. commanders/managers may choose to keep positive cases 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 commanders/managers against Force Health Protection (FHP) measures for lessons to prevent future occurrence. If 3 or more are infected from an event, Defence Health should be part of the review.