

Isolation Period Reduced to 7 Days from Friday 11th at 11.59PM

- Isolation periods are being shortened.
- From 11:59PM Friday, people with COVID-19 and their Household Contacts must isolate for 7 days, not 10 days.
- Household Contacts will need to test on Day 3 and Day 7.
- Once you have recovered from COVID-19, you will not need to isolate again for 3 months if someone else in your household tests positive during that time.

With the change in isolation period if you/your child's day 0 was March 6th or earlier AND

- **If they have had COVID:** they have been 24 hours without symptoms
- **If a household contact:** they have no symptoms and have tested negative on their day 7 test then we welcome them back to school on Monday 14th March.

We are seeing some confusion around how to calculate isolation times. The NZ COVID website says to start counting your 7 days isolation time from **Day 0**.

Day 0 is the day that your symptoms started OR the day you tested positive (If you do/did not have any symptoms).

