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**Te Whatu Ora**  
Health New Zealand

**Te Kāwanatanga o Aotearoa**  
New Zealand Government

# Testing

Adapted in 2024 by Accessible Formats Service,  
Blind Low Vision NZ, Auckland

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# Testing

Free rapid antigen tests (RATs) remain available to collect from participating pharmacies and RAT collection sites until 30 September 2024.

## When you should get a test

### 1. If you are unwell

If you have cold, flu or COVID-19 symptoms, get a test as soon as you start to feel unwell. Doing a test and reporting the result means you can get the help you need as early as possible.

### 2. If you are a Household Contact of someone with COVID-19

If you are a Household Contact of someone who has COVID-19, and you develop one or more COVID-19 symptoms, we recommend you stay home and test with a RAT.

Follow the advice for people who have COVID-19.

### If you have had COVID-19 before

If you have had COVID-19 before and get symptoms again, what you should do depends on how long it has been since your previous infection.

Count the days from when you tested positive or first had symptoms:

- 28 days or fewer since last infection

If you are at low risk of serious illness, you do not need to take another test. We recommend you stay at home until you are recovered.

If you have an underlying health condition or have COVID-19-like symptoms that are getting worse, get advice from a health practitioner or Healthline on 0800 611 116.

- 29 days or more since last infection

You should take a rapid antigen test (RAT). If it is positive for COVID-19, it is recommended you isolate for at least 5 days and follow the advice for people who have COVID-19.

## **Where to get a test**

You are allowed to leave your home to get a COVID-19 test while you are isolating. If you need to leave home to get a test, it is recommended that you wear a face mask.

It is recommended that you keep some RATs at home for testing if you or anyone in your household develop symptoms.

## **Access free RAT home testing kits**

RATs will remain free until 30 September 2024.

You can pick up free RATs for yourself and household members from pharmacies and COVID-19 collection sites. Find a collection centre near you:

To find a RAT collection site near you, go here:

[www.healthpoint.co.nz/covid-19](http://www.healthpoint.co.nz/covid-19)

(The information on the link above may not be available in alternate formats).

## **Get a test from your doctor**

Your doctor may offer COVID-19 tests. Call them to find out and follow their advice.

## **If you need help to get RATs**

If you live rurally, have a disability, are immunocompromised or experiencing some other difficulty getting RATs, you may be eligible for additional help, including delivery if necessary.

To find out if you are eligible, call 0800 222 478.

## **How to report your RAT results**

If you test positive, you should report the positive results of your RAT. Reporting the result means you can get the help you need as early as possible.

To report your RAT result, go here: [MyHealthRecord](#)

(The information on the link above may not be available in alternate formats).

Or call: 0800 222 478

You will receive a text confirmation from either 2328 or 2648 with information about recommended isolation and other useful advice, including information about antivirals.

## **If you need support**

- The COVID-19 disability helpline can provide help or information about vaccines, face mask exemptions, testing, managing COVID-19, and any other health concerns you may have.

Call 0800 11 12 13 for free. If you are unable to call, you can text 8988.

- You can also call Healthline for free for advice on 0800 611 116.

**End of Testing.**