

NOTICE FROM
THE AUCKLAND REGIONAL PUBLIC HEALTH SERVICE (ARPHS)

Forwarded by Howick Baptist Church at the request of the ARPHS, 8 March 2022

The Auckland Regional Health Service have advised that someone with COVID-19 attended Howick Baptist Church recently and may have passed the virus to others. The person was at HBC at the following times:

- Youth Group, Friday 4 March between 7:00 pm and 9:00 pm
- Gathered Worship, Main Auditorium, Sunday 6 March between 9:00 am and 11:30 am

You have been sent this notice from ARPHS as they have asked us to send it to anyone we know who may have been in those groups at HBC at those times.

What to do if you do NOT live with the person with COVID-19:

- If you are free of COVID symptoms, you do NOT need to get a test or self-isolate. However, please avoid contact with vulnerable groups or individuals for 10 days from the date above, and watch out for symptoms.
- If you have COVID symptoms, or develop them in the ten days after the event, please get tested immediately and isolate until you get a negative test result and until 24 hours after your symptoms stop. If you are waiting for a test result, it is important you do not go to work or leave your home. This includes not going to your place of worship. If you need to miss work, financial support may be available. You can show your employer this letter if necessary.
- If you test positive, there is further advice available on the Unite against COVID-19 website: <https://covid19.govt.nz> 'What happens if I test positive for COVID-19'. You do not need to take a PCR test to confirm a positive rapid antigen test (RAT) result.

What to do if you live with someone who has tested positive for COVID-19

If you live with someone who has tested positive for COVID-19, you are a 'Household Contact'. You must follow different steps to the advice given above, including isolating at home for at least 10 days. Find out what you need to do here:

- **Unite website for Household Contacts** (<https://covid19.govt.nz> 'Household Contacts')
- **Or call Healthline:** 0800 358 5453 (a free, 24/7 service with interpreters available). Tell them you are a 'household close contact'.

What to do if you are a Household Close Contact and a Critical Worker

If you are a 'household close contact' AND a Critical Worker, specific advice for you is available here:

- **Unite website for critical workers** (<https://covid19.govt.nz/testing-and-tracing/contact-tracing/critical-workers/>)

Testing

Testing is free. You can find your nearest testing centre here: www.healthpoint.co.nz/covid-19, or free-phone Healthline: 0800 358 5453.

You can also order Rapid Antigen Tests (RATs) and use these yourself at home. RATs are the main type of test now being used, with results only taking about 20 minutes. You can order RATs on-line or over the phone.

- Online: requestrats.covid19.health.nz
- Over the phone: 0800 222 478, choose option 3 (8am-8pm, 7 days a week)

Find out more [here](#).

COVID-19 symptoms

- new or worsening cough
- sneezing and runny nose
- fever
- temporary loss of smell or altered sense of taste
- sore throat
- shortness of breath

Less common symptoms of COVID-19 may include: diarrhoea, headache, muscle aches, nausea, vomiting, malaise, chest pain, abdominal pain, joint pain, or confusion/irritability. These almost always occur with one or more of the common symptoms.

For further help:

- If you are worried or have questions you should call your GP or family doctor.
- The Unite against COVID-19 website has lots of useful information (<https://covid19.govt.nz>) in many languages: <https://covid19.govt.nz/languages-and-resources/translations/>
- Information about vaccination can be found [here](https://immunisation.northernregion.health.nz/) (<https://immunisation.northernregion.health.nz/>)
- Information for people with COVID-19 and those they live with can be found [here](https://immunisation.northernregion.health.nz/whanauhq/), at: <https://immunisation.northernregion.health.nz/whanauhq/>.
- You can also call Healthline for free anytime on 0800 358 5453. Healthline has interpreters if you need one.

From **Auckland Regional Public Health Service**



... and a closing note from the church:

The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:5-7

So as we trust in God, please be praying for each other and take sensible care of ourselves and others. Do get in touch with us if you have any concerns or need help.