

COVID-19 symptoms and testing

August 2020: For the most recent information: www.nmdhb.govt.nz/covid-19

COVID-19 symptoms

- a cough
- a high temperature
- shortness of breath
- sore throat
- sneezing and runny nose
- temporary loss of smell.

These symptoms do not necessarily mean you have COVID-19. The symptoms are similar to common illnesses, such as colds and flu. Shortness of breath is a sign of possible pneumonia and requires immediate medical attention.

Talk to a health professional if you have any symptoms

If you have cold or flu symptoms, you should stay home and call:

- Healthline for free on 0800 358 5453
- your doctor, or
- your iwi health provider.

A health professional will advise whether you should be tested.

Let your health professional know if you have travelled in the past 14 days, or if you have been in contact with a confirmed or probable case.

While you have symptoms

- If you're sick, stay home. Don't go to work or school. Don't socialise.
- If you have cold or flu symptoms call your doctor or Healthline and check if you should get tested.
- Wash your hands.
- Sneeze and cough into your elbow, and regularly disinfect shared surfaces.
- If you are told by health authorities to self-isolate you must do so immediately.

Where to get a COVID-19 test

A COVID-19 test is free of charge from your GP, after-hours medical centre or a community-based assessment centre (availability of these varies).

If you are unsure if you should get a test, call your doctor or Healthline for free on 0800 358 5453.

Call your doctor or after-hours medical centre before visiting if you have any symptoms.

Community-based assessment centres (CBAC)

The availability of CBACs varies depending on which Alert Level we are in, and what is happening locally in the Nelson Marlborough region.

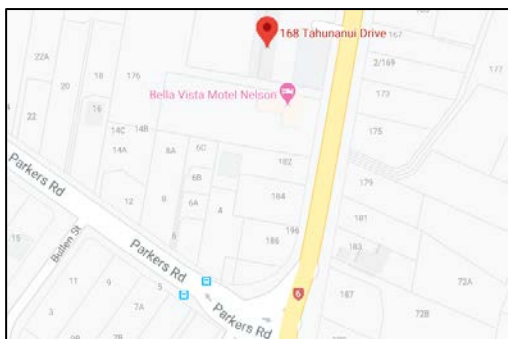
During Alert Level 2 (August 2020) there are two CBACs open for free testing.

Nelson CBAC

Address: The former Suburban Club, 168 Tahunanui Drive, Nelson

Phone: 0800 358 4630

Hours: The hours may vary. Phone the 0800 number or look online www.nmdhb.govt.nz/covid-19

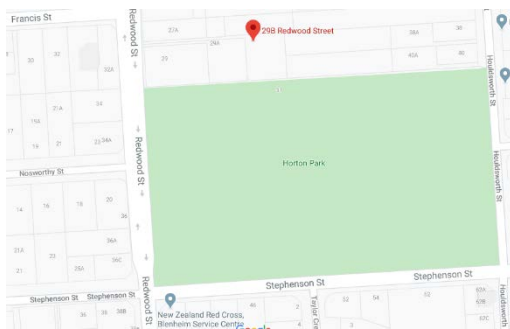


Blenheim CBAC

Address: The old netball courts, Horton Park, 29b Redwood Street

Phone: 0800 358 4630

Hours: The hours may vary. Phone the 0800 number or look online www.nmdhb.govt.nz/covid-19



Need more information or support?

August 2020

Free phone or text 1737 to speak to a counsellor if you are feeling anxious

For information: www.covid19.govt.nz & www.health.govt.nz & www.nmdhb.govt.nz