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Released by: Dom Kalasih

Update to self-isolation period, Novavax vaccine available

On Wednesday 9 March COVID-19 Response Minister Chris Hipkins, announced the following changes to the isolation period guidelines:

- The isolation period for positive cases and household contacts will be reduced to seven days (previously 10 days) as of midnight tonight (Friday 11 March).
- Household contacts will need to have a rapid antigen test at day three and day seven of their isolation period. If they become symptomatic they should also get a test, and if the result is positive, they are required to isolate for seven days from that point.
- If a person is isolating and still has symptoms after seven days, they are advised to stay home until 24 hours after symptoms resolve.
- Household contacts will not need to isolate if they had had and recovered from COVID-19 in the past 90 days (previously 28 days). Again, if this applies to you, please monitor yourself for symptoms and get tested, as if you do get COVID-19 again you should self-isolate.
- The Novavax vaccine is now available to be booked for those who have not yet received a vaccine. Please book through <https://bookmyvaccine.covid19.health.nz/> or by calling 0800 28 29 26.

For workers that are asymptomatic household contacts needing to return to work earlier the Government's Close Contact Exemption Scheme is still available.

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