

COVID-19 – Possible OR Actual Exposure – Action Guide

This guide has been created from information available at www.health.govt.nz

<p style="text-align: center;">Close Contact</p> <p>If a person is unwell and confirmed as having COVID-19, it is possible the illness could have been passed on to you.</p> <p>A case is potentially infectious:</p> <ul style="list-style-type: none"> • 48 hours prior to a person develops symptoms • While symptomatic • Until symptom-free for 24 hours 	<p>How can I tell if I have had close contact with covid-19?</p> <p>Close contact is anyone who has had contact with a person while their COVID-19 case is infectious:</p> <ul style="list-style-type: none"> • Living in the same home environment as a confirmed case. • Spent 2 hours or longer in the same room as confirmed case. • Seated within two rows either side of a COVID-19 case on a flight, bus or train for two hours or longer. • Face-to-face within two metres or less of the case for more than 15 minutes in any other setting.
<p style="text-align: center;">What if I discover I have had possible contact</p> <p style="text-align: center;">OR</p> <p style="text-align: center;">learn I have had an actual contact with a COVID-19 Case</p>	<p>Advise your line manager of possible or actual contact with a COVID-19 case and provide information below: Your Name Details of possible/actual exposure (dates, location etc). Advise if you are being tested, self isolating etc.</p> <p>Line Manager, Site/Team Management:</p> <ul style="list-style-type: none"> • Provide staff member Kiwirail guidance material (information available on the Kiwirail COVID-19 Sharepoint page) • Discuss self isolation requirements. • Send information to COVID-19@kiwirail.co.nz or contact the Kiwirail People Assistance Line 0800 696 646 for inclusion on the Kiwirail register of people self isolating. <p>A Kiwirail People Assistance Line volunteer will follow up with you.</p>
<p>If I develop symptoms who should I call?</p> <p style="text-align: center;">COVID-19 Symptoms include:</p> <p style="text-align: center;">Fever Cough Difficulty breathing Sneezing and Feeling very tired</p>	<p>Do not come to work if you are feeling unwell.</p> <p>Contact your GP and follow their medical advice/direction. OR contact the dedicated Healthline COVID-19 number: 0800 358 5453</p> <p>Advise your line manager and if you are being tested, self isolating etc.</p> <p>Line Manager, Site/Team Management:</p> <ul style="list-style-type: none"> • Provide staff member Kiwirail guidance material (information available on the Kiwirail COVID-19 Sharepoint page) • Discuss self isolation requirements. • Send information to COVID-19@kiwirail.co.nz or contact the Kiwirail People Assistance Line 0800 696 646 for inclusion on the Kiwirail register of people self isolating.
<p style="text-align: center;">Self Isolation</p> <p>Means staying at home as a precaution because you have potentially OR have been confirmed as having exposure to a COVID19 case</p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Anyone who has returned from overseas travel must self-isolate for 14 days from the date they return to New Zealand.</p>	<p>Stay at home .</p> <ul style="list-style-type: none"> • Avoid face-to-face contact with others less than 2 metres away OR any contact that lasts longer than 15 minutes <p>If you are self isolating but others in your home are not:</p> <p>DO NOT:</p> <ul style="list-style-type: none"> • Share a bed with others • Share dishes, drinking glasses, cups or eating utensils. (wash thoroughly with soap and water/use dishwasher). • Share food and drinks - you should not prepare food for others. <p>DO Practice Good Hygiene:</p> <ul style="list-style-type: none"> • Stay in well-ventilated rooms/spaces (i.e. with a window that can be opened). • Minimise time spent in shared spaces (i.e. bathroom, kitchen and sitting room), keep surfaces clean and ventilate rooms. • Use your own toothbrushes, towels, washcloths and bed linen. • Wash your clothing, linen and dishes separate to others in your home.