



19 August 2021

Dear Parent, Caregiver, Staff Member,

COVID-19 at Lynfield College

A Lynfield College student has been confirmed as having COVID-19. All staff and students of the college are considered close contacts and must stay in self-isolation at home for 14 days.

The student was infectious when at school on the 16th and 17th of August.

Even if New Zealand’s national alert level changes from the current Level 4, you must still complete your full, 14-day self-isolation.

What does ‘close contact’ mean?

You may have been near the person with COVID-19 for enough time to put you at greater risk of catching the illness. It’s important to now watch for symptoms (see below), and to stay at home as a precaution.

What should you do now?

1. You must self-isolate

- Aside from visiting a testing facility, you will need to stay at home and self-isolate in case you become ill with COVID-19. Information about how to self-isolate is available [here](#).
- It is important to watch for symptoms of COVID-19 (see below) while in self-isolation.
- Any household members you live with **will also need to self-isolate until you return a negative Day 5 test result**. This is a test taken five days after you were last exposed to the confirmed case.

2. Get a test.

<p>If you were last at school on August 16, you will need to get tested:</p> <ul style="list-style-type: none"> ● Immediately, and ● On Saturday 21 August (Day 5 test), and ● On Saturday 28 August (Day 12 test). 	<p>If you were last at school on August 17, you will need to get tested:</p> <ul style="list-style-type: none"> ● Immediately, and ● On Sunday 22 August (Day 5 test), and ● On Sunday 29 August (Day 12 test).
<p><i>If your test results are negative, you can leave self-isolation at the end of Monday 30 August (but must still adhere to the National Alert Level).</i></p>	<p><i>If your test results are negative, you can leave self-isolation at the end of Tuesday 31 August (but must still adhere to the National Alert Level).</i></p>

The test is free. Please give the following code to the testing staff when you visit: SURV-TM18CC.
Find your nearest testing centre [here](#).

3. Watch for symptoms

Keep watching for the symptoms during your 14-day self-isolation. If you get symptoms, you must have another test immediately and still complete your 14-day isolation – even if your test result is negative.

The symptoms of COVID-19 can include one or more of the following:

- sneezing and runny nose
- a new or worsening cough
- sore throat
- a fever of at least 38°C
- shortness of breath
- temporary loss of smell or altered sense of taste
- diarrhoea
- headache
- muscle pain or body aches
- nausea and vomiting.

What if I am vaccinated?

Even if you are vaccinated, you must stay in self-isolation for 14 days. This is because no vaccine is 100 per cent effective. You may still get ill, or pass the virus to others, if you are developing COVID-19.

Finally, if you know the identity of the person with COVID-19, please do not disclose their names or details to anyone else, including sharing information on social media. This can lead to on-line bullying and abuse.

We will update you if there are any changes to the above advice.

For more information: call Healthline: 0800 358 5453 (a free, 24/7 service with interpreters available). You can also visit www.arphs.health.nz or www.covid19.govt.nz.

Thank you for your support.

Yours sincerely

Medical Officer of Health
Auckland Regional Public Health Service