

COVID-19 Symptoms

Symptoms can include one or more of the following:

- a new or worsening cough
- sneezing and runny nose
- a fever
- temporary loss of smell or altered sense of taste
- sore throat
- shortness of breath
- fatigue/feeling of tiredness.

Less common symptoms may include: diarrhoea, headache, muscle pain or body aches, nausea, vomiting, malaise — a general feeling of discomfort, illness or unease, chest pain, abdominal pain, joint pain, confusion or irritability. These less common symptoms almost always occur with one or more of the common symptoms.

These symptoms do not necessarily mean you have COVID-19. The symptoms are like other illnesses that are much more common, such as colds and flu.

Shortness of breath is a sign of possible pneumonia and requires immediate medical attention.

If you have any of these symptoms, contact your doctor, Healthline on [0800 358 5453](tel:08003585453) or your iwi health provider.

If you have any symptoms:

If you have cold, flu or COVID-19 symptoms, **get a test as soon as you start to feel unwell.** Doing a test and reporting the result in My Covid Record means you can get the help you need as early as possible.
Call: Healthline for free on [0800 358 5453](tel:08003585453)

How to get a COVID-19 test:
<https://requestrats.covid19.health.nz>

RedHills Pharmacy

3 RED HILLS ROAD, MASSEY, AUCKLAND

RATs Community Collection Site (Pre-order required)

Rapid antigen tests (RATs) can be collected at this site.

Mon – Tue 9:00 AM – 8:00 PM

Wed 9:00 AM – 7:00 PM

Thu – Fri 9:00 AM – 8:00 PM

Royal Heights Pharmacy

138 ROYAL ROAD, MASSEY

Covid-19 testing.

RATs Community Collection Site

Rapid antigen tests (RATs) can be collected at this site.

Hours

Mon – Fri 8:30 AM – 5:30 PM

Sat 9:00 AM – 1:00 PM

If you test positive

While you have symptoms:

- **Stay home.** Do not go to work or school. Do not socialise.
- Wash your hands often.
- Sneeze and cough into your elbow and disinfect shared surfaces often.
- If health authorities tell you to self-isolate, do so immediately. If you are waiting for test results you will also need to self-isolate.

If you have COVID-19

If you have symptoms when your self-isolation period ends

Some people who have tested positive for COVID-19 can still be infectious after 7 days. If you are still sick at the end of your self-isolation period, stay home until you are well and for 24 hours after you no longer have symptoms.