



Rongomai School

Empowered to Take Risks; Determined to Succeed

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Friday 18th February, 2022

Kia ora Whanau,

The health and wellbeing of our children, staff and community is a top priority.

This letter contains information about what you and your whānau need to do. Please read it carefully.

We're sending this letter as your child has been identified as a **CLOSE CONTACT**. They had contact with a positive COVID-19 case in **Rm 4** at **Rongomai School** on **either Monday 14th or Tuesday 15th February**. To support our school to ensure our response and process is consistent and manageable, we are treating **Tuesday 15th February** as your child's **DAY 0**. Their **DAY 1** starts on the following day - **Wednesday 16th February**.

If you have questions, you can contact your child's classroom teacher *Matua Vae* via email: vae.falaniko@rongomai.school.nz

Please follow this Public Health guidance.

YOUR CHILD MUST SELF-ISOLATE FOR 7 DAYS from the date they had contact with the case

- Get them tested on **DAY 5 - Sunday 20th February**
- Your child can stop isolating and RETURN to normal life once you have received a negative day 5 test AND once 7 days have passed (ie, on day 8).
- Follow public health advice on the Ministry of Health website: health.govt.nz/covid-19-contact

WHAT IT MEANS TO SELF-ISOLATE

- Your child must stay away from other household members if possible
- They cannot leave the house for any reason
- They can't have any visitors

DOES MY HOUSEHOLD NEED TO ISOLATE?

Your household does not need to isolate. We have received official direction from the Auckland Regional Health Board & Ministry of Education that this no longer applies to the Auckland region.

Please note: the Covid-19 website still says that other household members of close contacts are casual contacts, and also need to isolate for 5 days, but this does not apply to the Waikato/Auckland areas.

HOW TO GET TESTED

- Find your nearest testing centre or call Healthline on **0800 358 5453**
- It's **FREE**
- Tell them you're a **CLOSE CONTACT**

Symptoms of COVID-19

- 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

Less common symptoms include diarrhoea, headache, muscle aches, nausea, vomiting, malaise, chest pain, abdominal pain, joint pain, or confusion/irritability.

Where you can get support

If you need support during self-isolation, call the COVID Welfare Phone Line on 0800 512 337. They will connect you with someone who can help. This could be a local community organisation, a government agency, a marae-based service or support that iwi have established.

For more information go to

<https://covid19.govt.nz/isolation-and-care/getting-extra-support-if-you-have-covid-19-or-are-self-isolating/>

Noho ora mai,



Paeariki Johnson

Rongomai School - Principal