How to work out your 10 days of self-isolation

start over if you test positive

Find out what you need to do if:	you are positive for COVID-19	you are a Household Contact (living with a positive case)*
Day 0	The day you test positive or start experiencing symptoms, whichever is earliest.	Your Day 0 is the same Day 0 as the first positive case in your household.
Day 3	-	Get a Day 3 test today, or sooner if symptoms develop. If it's positive, start a new 10 days of self-isolation.
Day 10	-	Get a Day 10 test today, or sooner if symptoms develop. If it's positive, start a new 10 days of self-isolation.
Day 11	After 10 days, as long as you are free of COVID-19 symptoms, you will be free to leave self-isolation.	After 10 days, as long as you have a negative Day 10 test result and no COVID-19 symptoms, you will be free to leave self-isolation.

Te Kāwanatanga o Aotearoa
New Zealand Government

Unite against COVID-19