

Phase 3 of the Omicron Response

Update 14 March 2022



What is the difference between a positive case, family of a positive case (Household contact)?

Positive Case: Someone who has tested positive for COVID-19.

Family of a Positive Case (Household contact): The people who live in the same house as someone who has tested positive.

Critical Worker: Someone who works for a critical service or organisation. This includes supermarkets, health and emergency services, transport and supply chain workers.

Close Contacts, Secondary and Casual contacts are no longer impacted by COVID-19 restrictions BUT you should monitor for symptoms and get tested if you are feeling unwell.



At Phase 3 of the Omicron Response, the main form of testing will be Rapid Antigen Testing (RAT). You can access FREE RAT and PCR (nasal swab) tests from Community Testing Centres and your Doctors. During Phase 3 RAT tests will be made available for purchase at pharmacies and retail shops. You must upload your results to mycovidrecord.health.nz or ring 0800 222 478 and choose Option 3.