



After you have had COVID-19

After you have recovered from COVID-19 and left isolation, there are a few things you should do and be mindful of in your recovery.

Returning to normal activities

- . As you recover from COVID-19, you might find that you get tired easily or become breathless. This is common after being sick.
- . You should take it easy as you return to your normal activities. Make sure you to get plenty of sleep, eat well, rest if you need to, and pace yourself.
- . If you have any concerns, you should talk to your doctor or healthcare professional.

Returning to work

- . If you still have symptoms after your isolation period has ended, you should continue to stay home and recover. This should be until 24 hours after your symptoms resolve.
- . You should talk to your manager or supervisor about when it is appropriate for you to return to work.

Returning to school

- . If you or your child still have symptoms after your isolation period has ended, you should continue to stay home and recover. This should be until 24 hours after symptoms resolve.
- . This applies to early learning, schools, kura and tertiary education. You do not need to provide evidence of a negative RAT or PCR to return to school.
- . If it is over 10 days since the start of COVID-19 symptoms and children are no longer unwell, they are likely not infectious and can return to school.
- . If a child still feels unwell or their symptoms are worsening after 10 days, they should not return to school. You should talk to your doctor or call Healthline on 0800 358 5453.

If you get new COVID-19 symptoms

28 days or fewer since a previous infection

- . If you get COVID-19 symptoms again and it has been 28 days or fewer since a previous infection (either from when you tested positive or you first had symptoms) and:
 - you are low risk, you do not need to take another test — stay home and recover, until 24 hours after you no longer have symptoms
 - you have an underlying health condition or have COVID-19-like symptoms that are getting worse, you should seek advice from a health practitioner or Healthline on 0800 358 5453.

29 days or more since a previous infection

- . If you have COVID-19 symptoms again and it has been 29 days or more since a previous infection, you should take a RAT. If it is positive, you must self-isolate and follow the same advice as for your first infection.

If someone you live with gets COVID-19

- . Once you have recovered from COVID-19, you do not need to isolate again for 3 months if someone you live with tests positive.
- . This is because the risk of reinfection during this period is low.

Long COVID

- . Long COVID describes the symptoms that continue or develop after the initial COVID-19 symptoms. This is usually longer than 12 weeks after a person is first infected.
- . Most people who get COVID-19 recover from the acute signs and symptoms within 2 to 4 weeks. And they should be back to all activities they were doing before COVID-19 by 12 weeks. However, some people report a range of symptoms beyond the standard time of recovery.
- . Symptoms of long COVID can persist for weeks or sometimes months. They can include: Fatigue/ breathlessness / cough/ sore throat/ chest tightness/ chest pain/ difficulty-concentrating, cognitive impairment or 'brain fog'/ difficulty sleeping/ pins and needles/ dizziness/ joint pain/ muscle pain.
- . For support with the management and treatment of long COVID, seek help from your doctor or healthcare team. COVID-19 healthcare is fully funded for up to 6 weeks from the first day of your symptoms or the day you test positive, whichever is earlier.
- . You can find more information about long COVID, including more commonly reported symptoms, on the Ministry of Health website: [Long COVID | Ministry of Health](#)

Source: Unite against COVID-19

This translated information is provided by The Asian Network Inc. (TANI) working as a partner of Ministry of Health.

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