











Omicron Phases "Living with Covid"

This is a guide to the New Zealand Omicron Protection Framework.

	Phase 1 Stamp it Out	Phase 2 Slow the Spread <1000 cases/day	Phase 3 Manage It >1000 cases/day
PCR Test 	For all travel, diagnosis, contact tracing	For confirming diagnosis	Only for priority populations (e.g., healthcare, border workers)
RAT Test 	Voluntary surveillance only	For symptoms & close contacts Daily RAT instead of isolation for close contacts in healthcare, critical workforce and critical infrastructure workers ('Test to Return')	For diagnosis
Notifications 	By phone (all cases & close contacts)	By text (cases & household contacts only)	By text (cases only)
Investigations 	Led by health authority	Self-management & contact tracing (online tool to support)	
Notifications 	By phone (all cases & close contacts)	By text (cases & household contacts only)	By text (cases only)
Contact Tracing 	Completed for all cases & close contacts	Focus on high-risk exposures (events or locations, household members)	Only high risk contacts (household) are required to isolate
Close Contacts 	Regular communication & contact tracing by phone All household contacts and those with close range contact or contact in the same indoor space without adequate protection	Regular communication & contact tracing with household contacts only; other contacts notified by text and selfmanage Symptomatic household contacts are considered probable cases	Contacts notified by text from self-investigation tool and self-manage Symptomatic household contacts are considered a positive diagnosis
Covid Tracer Notifications 	Cases isolate 14 days Close contacts isolate 10 days	Limited use of push notifications, locations of interest or Bluetooth	Limited use of push notifications, locations of interest or Bluetooth
Isolation 	By phone (all cases & close contacts)	Cases isolate 10 days Close Contacts isolate 7 day	
Critical Workers 	Identified by invitation in order to access government supply of RAT and support for critical workers	Businesses can apply in order to access government supply of RAT and support for critical workers	