



New Zealand  
**DEFENCE  
FORCE**  
Te Ope Kaitiaki O Aotearoa

## Defence Estate and Infrastructure

### COVID-19 Protection Framework

March 2022

This Document outlines the protocols that DEI construction and Facilities maintenance contractors need to uphold to keep workers, and all those affected by the work, safe and healthy while working on the NZDF Estate.

**A FORCE FOR  
NEW ZEALAND**

#### The goals of this document are to:

- Keep workers and the wider community healthy and safe by preventing and managing the spread of COVID-19.
- Apply relevant guidance from the Ministry of Health and other Government agencies to the construction and maintenance environment.
- Encourage a safe and respectful work environment with clear communication between all stakeholders.
- Provide information for all project sites and DEI contractors working across the NZDF Estate.

#### NZDF Guidance:

- NZDF Actions on COVID-19 Positive Case Exposure.
- Message from the Chief Medical Officer 24 March 22
- Ministry of Health guidance material.

#### DEI commitment as an organisation:

- We are committed to working alongside Government to prevent and managing the spread of COVID-19.
- As an organisation, we are united against COVID-19 and will do our utmost to protect our workers, contractors, communities and New Zealand.
- DEI recognise that we must work together to ensure the health, safety and wellbeing of everyone working across the Estate.

# DEI Guide - Covid Protection Framework

## NZDF Guidance

### Omicron outbreak: Phase 3

New Zealand is currently in Phase 3 of the [Omicron response plan](#).

Most people will safely manage COVID-19 at home while health and social services focus on people with the highest needs.

Read about getting prepared for COVID-19 at [Unite against COVID-19](#) and more in the [latest news and media updates](#).

### Testing and isolating

- If you develop [COVID-19 symptoms](#) or are a household contact of someone with COVID-19, get tested immediately.
  - Find out where you can get a COVID-19 test on [Healthpoint](#).
  - How to [request a RAT kit](#).
  - [How to take a RAT test](#).
- Report your RAT result, even if it is negative, in My Covid Record or by calling 0800 222 478.
- **The isolation period for people with COVID-19 and household contacts is 7 days. Household contacts will need to test on days 3 and 7.**
- On a negative test and no symptoms the person may return to work on day 8.
- **People who test positive and household contacts:** find advice in the below extract and on the [COVID-19 Health Hub](#).

### Communication

It is critical that the local DEI office (through the project manager) is notified as soon as practical of any contractors that have tested positive for Covid 19. This applies to all contractors that have visited a NZDF area in the 48hrs prior to symptoms or positive test.

## COVID-19 – What to do if you test positive for, or are exposed to, Covid 19

### I have COVID-19

There are important steps to take to protect yourself, your whānau and your community.

#### 1 Self-isolate

You must self-isolate for 7 days. You can leave to get medical care or in an emergency. You may also be able to leave your house for other reasons.

[Self-isolation if you have COVID-19](#)

#### 2 Tell people you have COVID-19

Tell people you spent time with from 2 days before you started having symptoms or tested positive.

[How to tell people you have COVID-19](#)

#### 3 Monitor your symptoms

For most people symptoms of COVID-19 will be mild.

If your symptoms get worse or you need urgent medical care, call your local healthcare provider or Healthline on [0800 358 5453](tel:08003585453)

If you or the person you are caring for develops difficulty breathing, severe chest pain, fainting or becomes unconscious, call **111** immediately.

[COVID-19 symptoms](#)

#### 4 Look after yourself

It is important to look after your mental health and wellbeing as well as your physical health. It is okay to feel stressed or anxious.

[Looking after your mental health and wellbeing](#)

### I am a household contact

There are important steps you need to take to protect yourself and others if someone in your house has COVID-19.

#### 1 Isolate

You must isolate for 7 days. You can leave to get medical care or in an emergency. You may also be able to leave your house for other reasons.

[Isolation for household contacts](#)

#### 2 Monitor for symptoms

Most people will stay well the entire time they are in self-isolation, but if you do develop COVID-19 symptoms:

- get tested immediately
- start tracking your symptoms in case you become more unwell and need urgent medical care.

[COVID-19 symptoms](#)

#### 3 Look after yourself

It is important to look after your mental health and wellbeing as well as your physical health. It is okay to feel stressed or anxious. There are some things you can do that may help you manage.

[Looking after your mental health and wellbeing](#)

#### 4 Get tested

You will need to get two rapid antigen tests (on days 3 and 7) while you isolate and if you develop symptoms. Everyone else in your home, except the person who was the first case, will also need to be tested.

[Testing for household contacts](#)