In vaccinated and boosted adults: Omicron variant tends to begin with a dry sore throat, body aches, cough and headache, and lasts for several days. Fatigue is common during the one to two week illness.

2 In unvaccinated adults: Omicron variant tends to begin with a dry sore throat, body aches, cough and headache. Typically more prolonged and severe than for vaccinated people.

Vigilance is required from days 4 to 12 as symptoms may worsen, seek medical assessment if symptoms become concerning.

As numbers of mild/asymptomatic infection increase most people will be able to self-manage from home. With rates increasing, UHCS (or someone from Whanau HQ at the Ministry of Health) will call you initially if you get a positive swab for Covid-19. Support you require during this time will be discussed with you then with one of the team members.

Contact UHCS during clinic hours
Monday - Thursday 8.30am - 5pm, Friday 8.30am - 4.30pm
0800 698 427

For after hours support, please contact Covid-19 Healthline on 0800 358 5473 or 09 358 5453