***INSTRUCTION PAGE i***

Text

Description automatically generated with low confidence

**Following is a generic template letter** that can be used in the situation where you have been requested to undergo an invasive and unreliable PCR test. For example, the situation in which this might arise is where you have been contacted by a contact tracer because you were at a place of interest.

If you have been forwarded this letter by a friend, family member or colleague then please go to <https://voicesforfreedom.co.nz/resources> to see the other letters regarding PCR tests that may be more specific to your situation, masks and vaccination.

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| --- |
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***INSTRUCTION PAGE ii***

Text

Description automatically generated with low confidence

**What are your rights?**

There are two types of contacts, Casual Contact and Close Contact.

1. If you are a **Casual Contact**, just self-monitor for symptoms and only get a test unless you develop symptoms.[[1]](#footnote-2)
2. **Close Contacts** and those that have been in a **place of interest[[2]](#footnote-3)** are required to comply with: Direction under section 70 of the Health Act 1956 relating to Close Contacts and Locations of Interest and are required to be tested for COVID-19[[3]](#footnote-4). Acceptable testing for this is either by PCR test or RAT test as per the updated guidance for testing document issued by MOH: [COVID-19 Testing Guidance for the health sector – 3 February to 16 March 2022 (PDF, 153 KB)](https://www.health.govt.nz/system/files/documents/pages/testing_guidance_for_3_feb_to_16_mar_2022_-_final_revised_4_feb_2022.pdf)

**HOW TO USE THIS LETTER?**

1. Read the letter carefully so that you understand what you are sending – this letter is your letter.
2. The points you need to complete or closely consider for your situation are highlighted yellow. Keep this information factual and do not hesitate to get it checked by a friend, colleague or family member.
3. This letter is a generic letter to be used in the situation where you are responding to a request to obtain a PCR test.
4. Check to make sure that the current Order is still current. The current Orders are available at <https://covid19.govt.nz/alert-levels-and-updates/legislation-and-key-documents/>
5. If you have another situation where you are refusing a PCR test, then please refer to the other template letter go to <https://voicesforfreedom.co.nz/resources>
6. Sign off the letter.
7. Print or email the letter – make sure you keep a copy. **DO NOT** include these first four pages of instructions with your letter.

**YOUR header name/ contact details**

**[Contact details of person who has asked you to undergo a PCR**

**Address**

**Address]**

[Date]

FOR: [The Manager | Executive Board]

**RT-PCR TESTING REQUEST**

1. I refer to your notification of [date] that I may have been at a location of interest.
2. I confirm that I will attend a testing centre for testing and medical examination.
3. I will not however, undergo a PCR test that takes an invasive nasopharyngeal (back of nose) swab/s.
4. I do consent to a: [you can choose one or leave in both]
   1. PCR mouth swab or the taking of saliva in a saliva test, which are acceptable alternatives under section 9 of the COVID-19 Public Health Response (Required Testing) Amendment Order 2021 (**Order**);
   2. a Rapid Antigen test, which is acceptable pursuant to the [COVID-19 Testing Guidance for the health sector – 3 February to 16 March 2022 (PDF, 153 KB)](https://www.health.govt.nz/system/files/documents/pages/testing_guidance_for_3_feb_to_16_mar_2022_-_final_revised_4_feb_2022.pdf).

Yours faithfully

**Your Name**

**Your contact details**

1. <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-health-advice-public/contact-tracing-covid-19> [↑](#footnote-ref-2)
2. <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-health-advice-public/contact-tracing-covid-19/covid-19-contact-tracing-locations-interest> [↑](#footnote-ref-3)
3. <https://www.health.govt.nz/system/files/documents/pages/section-70-contacts-transport_3_feb_2022_dg_signed.pdf> [↑](#footnote-ref-4)