

I've been tested

What's next?

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You have been tested for COVID-19, Influenza (flu) A and B, and Respiratory Syncytial Virus (RSV) at a state-run PCR testing clinic. You will usually receive your result within 2 days.

If you have been tested at your GP or a GP-led Respiratory Clinic you will be told what you have been tested for and how you will receive your result.

You should go straight home or to your accommodation and limit your exposure to others after you get tested. You should remain isolated while you continue to have symptoms.

If you test positive to COVID-19 you are required under the *Public Health Act (1997)* to isolate for at least 7 days.

This fact sheet contains information about what to do after you've been tested, what happens if you test positive, and important information about antiviral medication to treat COVID-19 and flu.

More information is available at www.coronavirus.tas.gov.au/pcr-result

How and when will I get my result?

You should get your result within 2 days telling you whether you have tested positive or negative to each illness. If you have provided a mobile phone number, you will receive your result via text message. If you don't have a mobile, you will receive a call on your landline.

Positive COVID-19 test result

If you test positive to COVID-19 you will receive another text message from Public Health.

You must isolate for at least 7 days and let the people you live with know that you have tested positive. You can find out more about what to do if you test positive at www.coronavirus.tas.gov.au/positivecase

If you need help with supplies or essential tasks outside your home while isolating, ask a friend or family member to help. Tell them to leave supplies at your door. If you don't have someone to help you, learn about support available to you at www.coronavirus.tas.gov.au or by phoning the Public Health Hotline on **1800 671 738**.

You may only leave for the following reasons:

- to seek urgent medical care that you can't get over the phone
- if you are directed to leave by emergency services (police, fire, ambulance, SES).

If you leave, even briefly, for reasons other than those listed above, or if you are not directed to do so by Public Health or Emergency Service worker, you may put others at risk. You could be fined up to \$18,100.

If you need urgent medical care, call triple zero (000) for an ambulance. Tell the operator that you have been tested for COVID-19 and are awaiting your test result.

COVID-19 is serious, but most people can look after themselves at home and will recover after a week or two. Most fully vaccinated people will only experience mild illness with symptoms such as a fever, cough, sore throat, runny nose, fatigue, shortness of breath, or loss of taste and smell.

It is important to look after your health and get help if needed. Call your usual GP or health care provider in the first instance. Alternatively, you can call Healthdirect on **1800 022 222**, an after hours doctor, or COVID@homeplus is available by calling **1800 973 363**. Find out more about COVID@homeplus at www.coronavirus.tas.gov.au/covidathomeplus. More about antiviral medicine for COVID-19 is over the page.

Borderline or equivocal COVID-19 test result

You may receive a "borderline" or "equivocal" COVID-19 test result. This means that there are low levels of SARS-CoV2 RNA (the virus that causes COVID-19) present in the sample. This may indicate early infection, detection of a past infection, or rarely a false positive result.

You will need to have a second PCR test to determine whether this is a new or old infection. You should isolate while waiting for your second test result.

More information is available at www.coronavirus.tas.gov.au/pcr-result

1st test result	2nd test result	Likely interpretation
Borderline or equivocal	Negative	Past infection or a false positive
Borderline or equivocal	Positive	New COVID-19 infection
Borderline or equivocal	Borderline or equivocal	Past infection or a false positive

Positive Influenza (flu) test result

You do not need to isolate if you test positive for flu, but it is recommended that you take steps to avoid spreading the illness. This may include staying at home and avoiding vulnerable people who may be at high-risk of serious illness if they catch the flu. This includes the elderly, young children, people with chronic disease or a weak immune system, and pregnant women.

Most people can look after themselves at home and will recover after a week or two. If you are concerned about your symptoms, contact your usual GP or health care provider. Alternatively, you can call Healthdirect on **1800 022 222** or an after hours doctor.

If you are at high-risk of severe illness from flu and you do not have a regular GP, contact COVID@homeplus on **1800 973 363** to discuss care options available for you. Find out more at www.coronavirus.tas.gov.au/covidathomeplus. More about antiviral medicine for flu is below.

More information is available at www.coronavirus.tas.gov.au/pcr-result

Positive RSV test result

You do not need to isolate if you test positive for RSV, but it is recommended that you take steps to avoid spreading the illness. This may include staying at home and avoiding vulnerable people who may be at high-risk of serious illness if they catch RSV. This includes young children and older people.

Most people can look after themselves at home and will recover after a week or two. If you are concerned about your symptoms, contact your usual GP or health care provider. Alternatively, you can call Healthdirect on **1800 022 222** or an out of hours doctor.

More information is available at www.coronavirus.tas.gov.au/pcr-result

Antiviral medication

Some people are higher-risk of severe illness from COVID-19 and flu and may be eligible for special medications to reduce the severity of illness and the risk of hospitalisation. These medications are referred to as antiviral medicines, or simply 'antivirals'. Antivirals must be prescribed by a doctor.

Not everyone is eligible for antiviral medication and people who are eligible for antivirals to treat flu may not be eligible for antivirals to treat COVID-19.

Antiviral medication must be started as soon as possible after your symptoms begin, so it is important you contact your doctor as soon as you feel unwell if you believe you are eligible.

- You must begin taking antiviral medication to treat COVID-19 within 5 days of symptoms starting.
- You must begin taking antiviral medication to treat flu within 2 days of symptoms starting.

Antiviral medications may not be right for everyone, even if you have a higher risk of severe illness. Your doctor will assess you. They will consider other medical conditions you may have and other medications you are taking, before prescribing antiviral medications.

To find out if you may be high-risk of severe illness from COVID-19 or flu visit www.coronavirus.tas.gov.au/pcr-result or phone the Public Health Hotline on **1800 671 738**.

If you believe you are high-risk you should:

- contact your usual GP or health care provider and let them know that you have been tested. **Do not wait for your test result to contact your GP.** If you don't have a regular GP and your symptoms are getting worse, doctors at GP-led respiratory clinics across the state can provide guidance on how to access antivirals. Find out more about GP-led Respiratory Clinics at www.primaryhealthtas.com.au/respiratory-clinics. Alternatively, contact the National Coronavirus Helpline on **1800 020 080** or an after hours doctors service.
- if you test positive, contact your usual GP or health care provider straight away. If you do not have a GP and are high-risk, contact COVID@homeplus on **1800 973 363** to discuss what care options may be available for you. Let them know if you have any risk factors.

Treatment for RSV

RSV is a viral infection that normally causes mild to moderate cold or flu-like symptoms in children, but can cause bronchiolitis (croup) or pneumonia in children under 12 months of age. While there is no antiviral treatment for RSV, children may need medical treatment for the management of severe infections. Less commonly, RSV can cause pneumonia in adults.

If you have tested positive to RSV and are concerned about your symptoms, contact your regular GP or health care provider. If you don't have a regular GP, you can call Healthdirect on **1800 022 222** or an after hours doctor for advice.