

I've been tested for COVID-19. What next?

KEEP IT

COVID safe

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Getting tested ensures we can track and slow the spread of COVID-19. What you need to do now depends on why you were tested.

If you have cold or flu like symptoms and you are not required to be in quarantine:

- go straight home or to your accommodation and stay there until you get your test result
- stay at home or your accommodation until you get a negative test result and your symptoms have gone.

If you had a test because you are a 'close contact' (which means you have been near someone who has COVID-19):

- stay at home or your accommodation until you are advised that you are allowed to leave, even if you get a negative test result
- even if you feel okay and your test is negative, you could still spread COVID-19 to others before you get symptoms
- you must complete your required period of quarantine.

If you had a test and you are in home quarantine:

- stay at home or your accommodation, even if you get a negative test result
- even if you feel okay and your test is negative, you could still spread COVID-19 to others before you get symptoms
- you must complete your required period of quarantine.

If you had a test because you've arrived from a declared high-risk area, are fully vaccinated and require evidence of a PCR test result:

- Stay at home or your accommodation until you receive a negative test result
- If you develop symptoms you will need to get tested again, call Public Health Hotline on 1800 671 738.

If you have symptoms, or are in quarantine, you must go straight home or to your accommodation after you get tested. Do not visit the shops, or visit anyone else, and do not allow anyone to visit you.

You may only leave for one of the following reasons:

- to get re-tested
- 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 need to seek urgent medical care, phone an ambulance by dialling Triple Zero (000) and tell them that you have been tested and are awaiting your test result.

If you leave, even briefly, and you are not directed to do so by Public Health, the Deputy State Controller or authorised emergency services personnel, you may put others at risk. You could be fined up to \$17,300 or jailed for up to 6 months.

To find out more about quarantine visit coronavirus.tas.gov.au/quarantine

If you had a test because you are a 'casual contact' (you have been in the same place as someone with COVID-19):

- you are required to get tested between day 3 and 5 from your potential exposure
- you do not need to stay at home or at your accommodation if you do not have any symptoms
- follow public health advice including wearing a mask when unable to physically distance for 14 days from exposure.

Continue to monitor for symptoms even after getting your test result. If you develop symptoms, arrange another test.

If you had a test because you require evidence of a PCR test result and are not in quarantine:

You are not required to stay at home or at your accommodation after being tested, unless:

- you develop symptoms and then you should stay at home; or
- you are advised that you have been in contact with someone who has COVID-19.

When and how will I get my test result?

You should get your test result in a day or two.

- If your result is positive, someone from Public Health will contact you.
- If your result is negative, you will get a text message or a phone call.

What happens if my test is positive?

If you receive a positive COVID-19 result, you will be contacted by Public Health and the care you need will be available.

COVID-19 is serious, but most people recover after a week or two without going to hospital. 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.

- If you are living with other people, you will be asked about this and advised what you must do to protect them.

- Health staff may also speak with your usual doctor (if that's okay with you) and ask other doctors to help with your care.
- You will need to help with contact tracing, to identify people who may need to be tested or quarantine to prevent further spread of the virus.

Health staff will assist you to work out the care you require. They will talk to you about your symptoms, any medical conditions, your home situation and the support you have available.

If you have mild to moderate symptoms you may receive safe and supportive health care in your home through the COVID@home program. If you require more medical support there are dedicated community case management facilities, and people who are very unwell due to COVID-19 will be treated in hospital.

What if I get symptoms after being tested?

If you get any of the symptoms below, even mild, you should be tested again as soon as possible:

- fever, chills or night sweats
- sore or itchy throat
- cough
- runny nose
- shortness of breath
- loss of taste or smell.

If you feel unwell or it gets hard to breathe, phone Triple Zero (000) for an ambulance, and tell the operator that you are waiting for your COVID-19 test results.

For more information, contact the Public Health Hotline on 1800 671 738 or visit coronavirus.tas.gov.au/testing