

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



You must go straight home or to your accommodation and stay there until you get your test result. Don't go to the shops. Don't visit anyone. Don't have visitors.

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 and ambulance by dialling **000** and tell them that you are in quarantine or isolation awaiting a COVID-19 test result.

If you have any questions at any time, please phone the Public Health Hotline on **1800 671 738**.

How long do I have to stay at home or my accommodation after my test?

This depends on why you were tested.

If you have cold or flu-like symptoms but you haven't been in a high-risk area and you haven't been near someone who has COVID-19:

- 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've been in a declared high-risk area:

- Stay at home or your accommodation until you are officially advised that you are allowed to leave, even if you get a negative test result.
- It can take 14 days for the virus to show up in your body. Even if you feel okay and your test is negative, you could still spread COVID-19 to others before you have symptoms.

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 someone from Public Health tells you that you are allowed to leave, even if you get a negative test result.
- It can take 14 days for the virus to show up in your body. Even if you feel okay and your test is negative, you could still spread COVID-19 to others before you get symptoms.

If you had a test because you are a 'casual contact', which means you could have been near someone with COVID-19:

- Public Health will have told you to get tested on or after day 5 from potential exposure.
- Stay at home or your accommodation until you get a negative test result.
- Continue to monitor for symptoms even after getting your test result. If you develop symptoms, arrange another test.

What happens if I leave before I am allowed to?

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 \$17,200 or jailed for up to six months.

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?

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

If your test is positive, someone from Public Health will contact you about the care you need. If you are living with other people, Public Health will ask you about this and tell you what you must do to protect them.

Public Health may also speak with your usual doctor (if that's okay with you) and ask other doctors to help with your care.

Unless you need to go to hospital, someone from Public Health will be in contact with you regularly.

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.

Always follow Public Health advice to Keep on Top of COVID

COVID-SAFE BEHAVIOURS

- KEEP YOUR DISTANCE**: Icon of two people with a 1.5M distance marker.
- WASH YOUR HANDS**: Icon of hands being washed with water droplets.
- STAY HOME IF SICK**: Icon of a person inside a house.
- SYMPTOMS? GET TESTED**: Icon of a clipboard with a checkmark and an 'x'.
- FOLLOW DIRECTIONS**: Icon of a smartphone with a warning triangle.
- USE CHECK IN TAS**: Icon of a hand holding a smartphone with a checkmark.
- WEAR A MASK AS REQUIRED**: Icon of a person wearing a face mask.
- GET THE COVID VACCINE**: Icon of a vaccine bottle with a plus sign.

For more information

If you are unsure about what you can do or what to expect after testing, please phone the Public Health Hotline on **1800 671 738**.

To find out more about quarantine or isolation go to coronavirus.tas.gov.au/quarantine.