

Advice for people who have been tested but are not required to stay at home

**KEEP
ON TOP OF
COVID**

I've had a COVID-19 test, but:

- I don't have cold or flu-like symptoms and
- I haven't been in a declared high-risk area and
- I haven't been - or am unlikely to have been - near someone who has COVID-19.

So, do I need to stay at home or my accommodation until I get my test result?

No, *unless*:

- someone from Public Health has advised you to isolate; *or*
- you develop symptoms and then you should stay at home; *or*
- you are advised that you have been in a high-risk area; *or*
- you are advised that you have or may have been in contact with someone who has COVID-19.

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.

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 phone 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 phone and speak with 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 every day.

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

Phone the Public Health Hotline for more information

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COVID-SAFE BEHAVIOURS

- KEEP YOUR DISTANCE** (1.5M)
- WASH YOUR HANDS**
- STAY HOME IF SICK**
- SYMPTOMS? GET TESTED**
- FOLLOW DIRECTIONS**
- USE CHECK IN TAS**
- WEAR A MASK AS REQUIRED**
- GET THE COVID VACCINE**