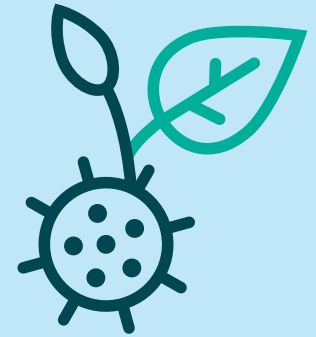


Recovering from COVID-19 and leaving isolation



Version 1.10 | 15 July 2022



You need to isolate for at least seven days after your positive test

Public Health will contact you with a letter to confirm your release from isolation.

You can leave isolation seven days after your positive test if you meet the following two criteria:

- your respiratory symptoms (cough, runny nose, sore throat, or shortness of breath) have gone, or are much better **AND**
- you have not had a fever (or signs of fever such as chills or night sweats) for at least 24 hours.



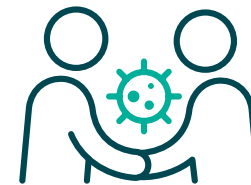
You may experience some minor lingering symptoms

If symptoms continue after you leave isolation, and you are concerned, speak to your health care provider.



Get vaccinated/boosted

People who have had COVID-19 can be vaccinated with a COVID-19 vaccine. Current advice is to wait three months before receiving your next COVID-19 vaccine. It is recommended that you still receive all of your COVID-19 vaccines.



Be aware of close contact information

If you become a close contact of a confirmed case **within four weeks** of your release from isolation, you will not need to get tested or follow close contact requirements. If you become a close contact after four weeks from your release from isolation, you will need to follow requirements as a close contact.



Four weeks after recovery, resume regular testing

If you become symptomatic four weeks after your release from isolation, you should get tested because your immunity may have decreased and you can have COVID-19 more than once.

Public Health Hotline 1800 671 738 | coronavirus.tas.gov.au/leaving-isolation

