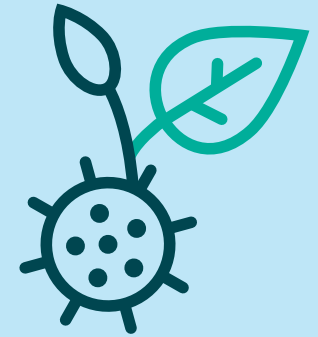


# Recovering from COVID-19 and leaving isolation



Version 1.7 | 29 April 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. If you are still symptomatic, you will need to isolate for an additional 3 days.



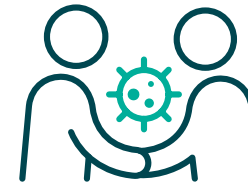
## You may experience some minor lingering symptoms

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



## Get vaccinated/boosted

Once you have recovered from your COVID-19 symptoms, it is recommended and safe to have your COVID-19 vaccination and booster when eligible.



## Be aware of close contact information

If you become a close contact of a confirmed case **within twelve 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 twelve weeks from your release from isolation, you will need to follow requirements as a close contact.



## Twelve weeks after recovery, resume regular testing

If you become symptomatic twelve 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.

If you then test positive to COVID-19 on a rapid antigen test (RAT), you need to have a PCR test to confirm if you have a new infection of COVID-19.

Public Health Hotline 1800 671 738 | [coronavirus.tas.gov.au/leaving-isolation](https://coronavirus.tas.gov.au/leaving-isolation)

