



Information for people who test positive for COVID-19 or are close contacts

Testing positive for COVID-19

If your test positive for COVID-19 you must isolate immediately.

Call the National Coronavirus Helpline **1800 020 080** to register as a COVID-19 positive case. For interpreting services call **131 450**.

The National Coronavirus Helpline provides information and advice about what to do if you have tested positive for COVID-19. The line operates 24 hours a day, 7 days a week.

Close contacts

You are a close contact if you:

- live in the same house as someone who tests positive
- spent 4 hours or longer with someone in a home, or health or aged care environment
- are determined as a close contact by your state or territory health department.

If you are a close contact of someone who has COVID-19 you must isolate for 7 days (10 days in South Australia) from the last time you were in contact with that person.

If you have symptoms you should visit your nearest testing clinic as soon as possible.

If you have no symptoms you should take a rapid antigen test at home.

Isolating if you have COVID-19

It is an Australian public health requirement that anyone diagnosed with COVID-19 must isolate. If you have the virus, you can pass it on to others. Isolating protects the people around you and the broader community from COVID-19.

Isolation means **staying at home** – do not attend work or school, visit public areas, or travel on public transport, in taxis or ride-share services. If you have an appointment you cannot miss – such as a visit to a doctor, family violence service or police – you must tell them that you have COVID-19.

You should stay separated from other people in your house. Stay in a separate, well-ventilated room away from other people.

If you cannot isolate in a separate room, you should:

- avoid shared spaces in the house as much as possible
- wear a mask when moving through shared areas
- wipe down any surfaces you touch
- if you can, use a separate bathroom that others do not use.

- if you share a bathroom, wipe down any surface you touch and flush the toilet with a closed lid
- do not let visitors enter your home, unless they are providing necessary medical or personal care, or emergency services
- have all groceries and other essential items delivered to your home.

The people who usually live in your house with you can stay there if they are unable to live somewhere else during this time. If they stay, they are close contacts and need to isolate too.

If you have a household contact who has a weak immune system, is elderly or has another risk for severe COVID-19, contact your state or territory health department to see if they can help with finding them places to stay.

Ensure you share this information with the members of your household.

Breastfeeding

If you are breastfeeding, you should continue to breastfeed or express breastmilk if you are feeling well. Research shows that mothers who have had COVID-19 pass antibodies to their infant through breastmilk.

Managing COVID-19 symptoms

Most people with COVID-19 experience only mild symptoms, or no symptoms at all. These can be managed with over-the-counter medication.

Try to get plenty of rest, drink lots of water and eat well. You can still do moderate exercise if you feel well enough, within your home and/or garden if you have one.

Seek urgent medical attention and call **000** if you develop severe symptoms such as:

- difficulty breathing
- blue lips or face
- pain or pressure in the chest
- cold and clammy, or pale and mottled, skin
- fainting or collapsing
- being confused
- becoming difficult to wake up
- little or no urine output
- coughing up blood.

Medical care while you are positive

Your state and territory health authority will connect you with a doctor, nurse or other health care provider to support you while you are sick.

The doctor or nurse will work with you to monitor your symptoms for as long as you are sick. You may need to monitor your temperature, oxygen levels and heart rate.

The doctor or nurse can also advise you of any other medicines that might be needed to manage your symptoms, like paracetamol or ibuprofen. Oral rehydration solution can be used to help keep you well hydrated, especially if you have nausea, vomiting or diarrhea.

Medicines to treat COVID-19

While there is no cure for COVID-19, there are several medicines that are proving to be effective treatments for people with COVID-19. You cannot buy these treatments yourself, they must be prescribed by a health care professional.

Mental health and wellbeing

Being in isolation can be stressful. It can be even more difficult for people with pre-existing mental health issues or past experiences of trauma or detention.

Let your doctor or nurse know about any mental health issues that you have had in the past and any new concerns.

If your child has COVID-19

Having your child diagnosed with COVID-19 can be very stressful for you and your family. Severe COVID-19 in children is rare, most children will have no symptoms, or only mild symptoms.

A doctor or nurse will treat your child based on your child's age, symptoms and past medical history.

Try to keep your child isolated from other family members where practical.

If you are worried about your child's symptoms contact your doctor as soon as possible. If they are showing severe symptoms, call **000** immediately.

Caring for yourself after COVID-19

You can only leave isolation after 7 days (10 days in South Australia), and if you no longer have any symptoms.

Most people who test positive for COVID-19 recover completely, but some people may develop long COVID. For more information about long COVID, visit www.health.gov.au/resources/translated/long-term-effects-of-covid-19-other-languages

Talk to your GP if you are experiencing ongoing mental health issues such as:

- trouble thinking clearly, focusing, or remembering
- depression, anxiety or other mental health problems.

Vaccination and boosters

Being fully vaccinated against COVID-19 reduces your risk of severe illness, hospitalisation and death.

If you are not vaccinated against COVID-19, or are eligible for your booster dose, you should make an appointment using the [COVID-19 Vaccine Clinic Finder](https://australia.gov.au) (australia.gov.au) once you no longer have symptoms. You can also call the National Coronavirus Helpline on **1800 020 080**. For interpreting services call **131 450**.