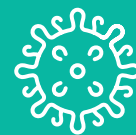


I've been tested for COVID-19. Now what?

Version 1, 4 May 2020



COVID-19
INFO

Important information for **people who are sick or in quarantine** and have been tested for COVID-19. If this information is not clear or you need more information, call the Public Health Hotline on **1800 671 738** or go to www.coronavirus.tas.gov.au

What do I need to do while I wait for the result?



Stay at home

Don't go to work, school, childcare or university.

Ask someone to help you get groceries. If you need help, call the Public Health Hotline on **1800 671 738**.

Do not have visitors, even if they are in isolation as well.



Keep 1.5 metres (two large steps) apart or wear a mask

Avoid shared spaces in your home. Sleep in a separate bed and use a separate bathroom if you can. Wear a facemask if you need to be around other people at home.



Cover coughs and sneezes

If you don't have a tissue, use the inside of your elbow. Put used tissues in the rubbish straight after use and wash your hands.



Wash your hands often

with soap and water or alcohol-based hand rub. Viruses can survive for a short time on surfaces and spread through hand contact.



Know when and how to seek further help

If you have trouble breathing or get very sick, call Triple 000 for an ambulance. Tell them you may have COVID-19.

How will I get the result?

Please do not call our clinic – you will be notified within the next five days. If you have a positive result, Public Health will phone you to tell you what to do. If you have a negative result, our clinic staff will send you a text message or will call you.

If you get a negative test result, you can leave home isolation *unless you have been instructed by Public Health to quarantine at home (e.g. you're a close contact of someone known to have COVID-19 or you've arrived from interstate)*. You still need to follow the rules in place for the whole community.



If you have chosen to be tested but are **not** sick and have **not** been told by Public Health to stay in quarantine, this information is **not** for you.

You do not need to isolate at home. You must still follow the rules in place for the whole community.

For more information visit www.coronavirus.tas.gov.au

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