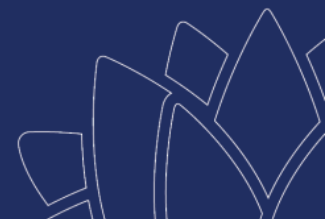


Testing positive to COVID-19 and managing COVID-19 safely at home



If you have received a positive PCR test result, you must follow this advice.

If you have received a positive rapid antigen test result, you are requested to follow this advice.

How will I know I have COVID-19?

Most people can now use a rapid antigen test (RAT) result to confirm they are positive for COVID-19.

This includes people with symptoms, people who live with someone who has COVID-19, and people who have spent a long time with, or interacted closely with someone who has COVID-19.

Only some people are required to get a confirmatory PCR (nose and throat) swab (see below).

If you have tested positive for COVID-19 and received a text message from NSW Health, please click on the survey link and answer the questions.

How will my COVID-19 be managed?

If you are under 65 years of age, have had two doses of COVID-19 vaccine, do not suffer from any chronic health conditions and are not pregnant, you can safely manage COVID-19 at home. Most people with COVID-19 will have a mild illness and will recover in a few days or so, with some people having no symptoms at all.

Most symptoms can be managed with:

- bed rest
- regular paracetamol and ibuprofen to relieve pain and fevers
- throat lozenges for a sore throat
- keeping hydrated with regular sips of water.

Continue to take any medications you have been prescribed as usual. If you are unsure about continuing to take your current medication or treatment, or have any concerns about your health, call your doctor.

Please contact your GP or call the **NSW Health COVID-19 Care at Home Support Line on 1800 960 933** if you are pregnant, or if you have a chronic condition including:

- obesity
- severe, chronic or complex medical conditions (including cardiac, respiratory, renal or neurodevelopmental)
- diabetes
- immunocompromised, including if you have cancer
- severe mental illness.

There are effective treatments available for people at risk of severe disease from COVID-19. If you need other clinical support or have non-urgent health related questions during isolation, call the **NSW Health COVID-19 Care at Home Support Line on 1800 960 933**.

If you develop severe symptoms (particularly severe dizziness, drowsy or confused, suffering shortness of breath, chest pressure or pain lasting more than 10 minutes, unable to stand) you should **call Triple Zero (000) straight away and tell the ambulance staff that you have been diagnosed with COVID-19**.

What do I need to do?

If you are a person at high risk of health complications, such as a pregnant woman, Aboriginal and Torres Strait Islander person, unvaccinated person over 16 years of age or immunosuppressed, then you need to call the NSW Health COVID-19 Care at Home Support Line on 1800 960 933.

Further testing

If you got a positive result from a PCR swab, no further tests are required.

If you got a positive result on a rapid antigen test (RAT) and you are a household contact or have had a high-risk exposure (see [Information for people exposed to COVID-19](#)) to a known COVID-19 case, you do not need to get a PCR swab to confirm that you have COVID-19 unless you are:

- a person at high risk for health complications, such as a pregnant woman, Aboriginal and Torres Strait Islander person, unvaccinated person over 16 years of age or immunosuppressed
- a worker, resident or patient in a high-risk setting that has been asked to by the facility:
 - healthcare
 - aged care
 - disability care
 - correctional facilities
- asked to by your doctor.

You and your household contacts must isolate at home

You must self-isolate at home for 7 days from the date you got tested, even if you are fully vaccinated. Self-isolation means staying in your home or accommodation and remaining separated from others. Please see the [Self-Isolation Guideline](#) for further information on how to self-isolate and what supports are available to you should you need them.

You must tell people you live with that you have COVID-19. Your household contacts must also self-isolate for 7 days, and have a rapid antigen test (RAT) as soon as possible and again on Day 6 (see [Information for people exposed to COVID-19](#) and [Get tested for COVID-19](#)).

Tell your social contacts that you have tested positive

Testing positive to COVID-19 means that you may have spread COVID-19 to others. You may have been infectious from two days before you developed symptoms, or two days before you tested positive if you did not have symptoms.

You should tell any social contacts that you spent time with whilst infectious that you have tested positive. This includes friends and other people you have met socially, such as friends you had dinner with, people you met up with at a pub, club or social function, friends or family who visited your home.

Tell your contacts to assess their risk and next steps using [Information for people exposed to COVID-19](#) and to get a rapid antigen test..

Tell your workplace or school that you have tested positive

You must also tell your work manager or education facility head/relevant staff member that you have tested positive for COVID-19 if you were onsite whilst infectious.

Tell your workplace/school the date of your test, the date you got sick (if you have symptoms), and the days you were at work/school whilst infectious. They will use this information to assess the risk to your fellow workers or students. Your workplace or school may inform them that they have been exposed to COVID-19, and what action they should take.

You can tell your manager by phone or text or ask a work friend to tell them for you. If you have attended an educational facility, you can call the main phone number for the campus you attend.

When can I leave self-isolation?

You must self-isolate for 7 days from the day you were tested. You can only leave self-isolation after 7 days if you do not have a sore throat, runny nose, cough or shortness of breath. You will receive an SMS from NSW Health after 7 days, but you do not have to wait for this SMS to leave self-isolation if it has been 7 days since you were tested. For example, if you were tested at 10am on Tuesday, you can leave isolation at 10am on the following Tuesday if you do not have any of these symptoms.

If you have a sore throat, runny nose, cough or shortness of breath in the last 24 hours of your isolation, please remain in isolation until 24 hours after your symptoms have resolved. If you are concerned, call your GP.. If you are under the care of a clinical team, your team will tell you when you will be released from isolation.

Wear a mask when interacting with other people and avoid visiting high risk settings (health care, aged care, disability care or correctional facilities) for a further 3 days. If you work in one of these settings speak to your employer before returning. For more information see NSW Health [Release and recovery from COVID-19](#).

How do I manage a child with COVID-19?

Most children who test positive for COVID-19 can be safely cared for at home by their usual household carers, even if they are not vaccinated. When caring for your child with COVID-19 at home:

- dress your child in appropriate clothing, so that they are comfortable – not sweating or shivering
- give your child plenty of fluids to drink. They may not feel like drinking much so will need your help and encouragement.
- encourage them to rest and not overdo it
- use paracetamol or ibuprofen, only if you think your child is in pain or appears uncomfortable with a fever. Follow the instructions on the label, and do not give more of these medicines than is recommended in a 24-hour period, as this may be harmful for children.
- watch your child for signs that their illness is getting worse.

Monitor your child's condition and **call your GP or NSW Health COVID-19 Care at Home Support Line on 1800 960 933 (8:30am to 8:30pm) or the National Coronavirus Helpline on 1800 020 080 (24/7)** if you notice:

- persistent fever (>39°C) which is not responding to treatment
- mild breathlessness
- drinking less than half of what they would normally drink
- urine output less than half of usual volume, and urine dark in colour
- moderate vomiting or diarrhoea
- unable to stand or walk.

If you are concerned that your child is seriously unwell, has difficulty breathing, is severely dehydrated or fainting, please **call Triple Zero (000) immediately and inform the operator that your child has COVID-19.**