



WHAT TO DO IF YOU TEST POSITIVE FOR COVID

Most Covid-19 positive cases can be looked after at home. You do not need to inform your GP unless you are over 65, pregnant, immunocompromised, or are both unvaccinated/partially vaccinated and have certain diseases like diabetes, obesity, kidney, heart, liver or lung disease.

- ✓ make sure your home is as safe as possible for others who live there. Keep your home well ventilated, wear a mask and isolate from others in your home as much as possible.
- ✓ Since you are unable to leave your home have a plan for accessing essentials such as meals, baby formula and pet food, such as using a home delivery service.
- ✓ Rest, keep up your fluids, and treat pain and fever symptoms with over-the-counter medications if needed, like paracetamol and ibuprofen.
- ✓ continue your usual medications. It's very important you don't stop taking these, unless your GP specifically advises otherwise
- ✓ Nausea, vomiting and diarrhoea aren't uncommon. If you experience any of these, eat small meals more often, stick to "white coloured" foods (pasta, rice, potato, white bread), and drink enough for your urine to look pale



WHEN TO GET MEDICAL HELP FOR YOUR SYMPTOMS

Sometimes medical intervention may be necessary to treat the symptoms of COVID-19. Here is a guide to help you decide what to do next.

Ask yourself the following questions...

- can I get my own food?
- Can I go to the toilet normally?
- Can I drink?
- Can I take my regular medication?

If you answer “no” to any of these questions, call your GP for a telehealth assessment.

WHEN TO GO TO HOSPITAL

Bypass your GP, go straight to hospital, or call 000 if you develop any of the following:

- Breathlessness, so you're unable to speak in sentences, for example you cannot count to 20 in a single breath
- Skin turning blue or pale, or becoming clammy and cold
- Fainting, unusually sleepy (difficult to wake) or lethargic, or become unconscious at any point
- Pain or pressure in the chest
- Confusion
- Passing no urine or a lot less urine than usual
- Coughing up blood.