

If you test positive for COVID-19

You will get a phone call from the Public Health Unit.

They will ask you questions about your health and give advice about what to do next.

Any treatment costs will be waived, even if you don't have a Medicare card or insurance.

All information shared by you is private and confidential.



What questions will I be asked?

You will be asked about:

- your health and symptoms
- who you have seen recently. If these people are “close contacts” they will also be contacted
- if you have travelled recently
- if you need any support while self-isolating – this may include housing, food, financial services, mental health services, family and children services and disability services.

NOTE: NSW Health phone calls show as private numbers. Please pick up private calls when waiting to hear back about test results.

For the latest information on COVID-19, visit the NSW Government website at nsw.gov.au

Help and support

Speak to a counsellor available 24/7:

Lifeline

13 11 14

[lifeline.org.au/get-help/
online-services/crisis-chat](https://lifeline.org.au/get-help/online-services/crisis-chat)

Beyond Blue

1800 512 348

coronavirus.beyondblue.org.au

Remember you can always contact your GP or local hospital if you need help or have any questions.

If you become sicker, you may need to go to Hospital

In a health emergency call 000 for an ambulance

To speak to a nurse or doctor, call 1800 020 080 for free 24/7

Content reproduced with permission from Aboriginal Health, Western Sydney Local Health District.

© NSW Health May 2020. SHPN (HP NSW) 200238.

Coronavirus (COVID-19)

Information for the community

Just got tested for COVID-19?



What to do after getting tested for COVID-19?

You will get information and resources about self-isolating at home after your test to help protect you and those close to you.

The test for COVID-19 is free* in NSW.

*Check with your GP if you are eligible or if they can provide a bulk-billed service.



Step 1

Go straight home.

Step 2

Self-isolate until you get your test result back.

Receiving test results

Negative test result

You do not have COVID-19

You will receive your results via SMS if you were tested at a public hospital ED or COVID-19 clinic and registered for text alerts, or your GP will contact you (usually within 72 hours).

If you don't receive your results within 72 hours contact the facility where you were tested.

Stay home until you are well. Call your GP if your symptoms aren't getting better.



Positive test result

You have COVID-19

A Public Health Unit Officer will call you as a priority.

See next page for details on home isolation.



NOTE: If you have been told you are a close contact of someone with COVID-19, you must self-isolate for 14 days. As restrictions ease, it's important to remember, everyone should practice physical distancing even after isolation.

Home isolation safety checklist

- Wash your hands often or use hand sanitiser.
- Wear a mask when in a room with other people.
- If you can, stay in one room.
- Do not share a room with people who are at risk of more serious illness.
- Clean places you touch often.
- Use a separate bathroom if available, and have separate towels.
- Avoid shared spaces, like the kitchen or living areas.
- Don't have visitors to the home while you are in isolation.
- Keep a safe distance from other people.
- Keep up a normal routine as much as possible - exercise regularly at home.
- Stay connected and look after yourself - ask a friend or family member to be on call.

