

WHAT TO DO IF YOU HAVE COVID-19

healthdirect

If you test positive for COVID-19 and have no symptoms, or mild symptoms, it is likely you can recover safely at home.

If you need medical assistance, you will be cared for. You should only call triple zero (000) or attend an emergency department if your symptoms are severe.



See information on how to manage COVID-19 at home



HOW DO I ISOLATE?

You must self-isolate immediately, stay home and separate from others. If you need advice or support during isolation, call the 24-hour National Coronavirus Helpline on 1800 020 080 or use the healthdirect COVID-19 Symptom Checker.



WHO DO I NEED TO TELL?

You must tell your contacts that you have tested positive for COVID-19. Household members must also get tested and isolate. You should advise your friends, family and work contacts to monitor for symptoms.



HOW CAN I MANAGE MY SYMPTOMS?

Most COVID-19 symptoms are manageable at home with rest and over-the-counter medicines - paracetamol and ibuprofen can relieve pain and fevers, keep hydrated and take cough medicine if needed.



WHAT ARE MILD SYMPTOMS?

COVID-19 affects everyone differently, but even mild symptoms may make you feel quite unwell. To understand the difference between mild, moderate and severe symptoms, go to [healthdirect.gov.au](https://www.healthdirect.gov.au)



WHAT IF MY SYMPTOMS GET WORSE?

Use the healthdirect COVID-19 Symptom Checker to know if you should seek medical help, including when to call triple zero (000). If you develop severe symptoms (severe chest pain, fainting episodes, severe difficulty breathing), call Triple Zero (000) straight away and tell them that you have been diagnosed with COVID-19.



WHEN CAN I LEAVE ISOLATION?

You must self-isolate from the day you are tested. You can only leave self-isolation if you have served out the required period and no longer have any COVID-19 symptoms. You do not need to test before leaving self-isolation if you don't have symptoms.



Use the COVID-19 Symptom Checker to find out if you need to seek medical help



Call the National Coronavirus Helpline on 1800 020 080 at any time if you need advice