

Protecting yourself and others from coronavirus

I'm being tested. What do I need to know?



This interim information is based on what is currently known about coronavirus (COVID-19) and the current situation in Tasmania. The Tasmanian Government will update interim information as needed and as additional information becomes available. Visit www.coronavirus.tas.gov.au for the latest information.

Where do I get tested?

Your doctor, clinic or Public Health Services will advise you of the time and location of your test.

How do I get there?

It's important to protect others. If you don't have private transport, tell your GP, the clinic or phone the Public Health Hotline (**1800 671 738**) for advice and help.

Do not catch a bus or use a taxi or Uber.

If you travel by private car/vehicle:

- minimise the number of people in the car with you
- wear a facemask to protect anyone else in your car (facemasks work best when worn by people who are sick, not people who are healthy)
- wash your hands often and thoroughly, with soap and water (or alcohol-based hand rub), and tell people traveling with you to wash their hands often
- drive straight to the place you need to have the test done; **don't stop anywhere on the way there or the way back.**

What will the test involve and how will I get the results?

To test for the virus, a healthcare worker will take swabs from your nose and throat. To protect themselves when they are in close contact with you, they will wear a facemask and safety goggles. The swabs will be sent for testing.

When your results are ready, you will be contacted by the clinic or GP that conducted your test. This will usually take 1–2 days. If you have a positive result, Public Health Services will also contact you.

What do I need to do while I'm waiting for my results?

You must stay at home in isolation. Do not go to work or school, shops or any other social gatherings.

Ask a friend or family to help with essential tasks outside your home, including getting food and other essential supplies for you, and to leave supplies on your doorstep rather than come into the house. If you need help with this, call the Public Health Hotline on **1800 671 738**.

What happens when I get the results?

If you have a negative result, you can leave isolation unless you've been told to stay in isolation for 14 days and those 14 days have not finished. People who need to stay in isolation for 14 days include those who travelled interstate or overseas, or have been in 'close contact' with a confirmed case.

If you have a positive result, you will need to stay in isolation, unless you need medical care. Public Health Services will contact you with more information on your ongoing care, including how to look after yourself and protect others.

What else do I need to do while I'm waiting for my results?



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 (don't keep germs in your pocket!) and wash your hands.



Wash and dry your hands often

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



Keep your distance or wear a mask

If you share your home with people, consider if they can stay elsewhere. Otherwise, stay away from shared spaces, like the kitchen. Practice social distancing. Stay at least 1.5 metres (two big steps) away from other household members at all times.

Sleep in a separate bed and use a separate bathroom if you can. Keep personal items like towels, face washers and toothbrushes separate. Do not share food or drinks. Wear a facemask if there are people around you at home.

Do not have visitors when you are in isolation, even if they are in isolation as well. Let your family, friends and neighbours know you are in isolation, and tell them not to visit. Consider putting a note on your door to let people know.

If you live in a private home, you can go outside to your garden. If you live in an apartment, you can go onto your balcony.



Know when and how to seek further help

Call your doctor if you are concerned about your health. If you have trouble breathing or become very sick, call 000 for an ambulance straight away. Tell them you've been tested for coronavirus.

How can I stay updated?

Advice is changing frequently as the COVID-19 situation evolves in Tasmania. Please refer to the following websites for the latest information:

- Australian Government Department of Health www.health.gov.au
- Tasmanian Government Coronavirus website www.coronavirus.tas.gov.au
- Official public health information www.health.tas.gov.au/coronavirus

You can also call the following numbers if you need help or more information:

- Tasmanian Public Health Hotline **1800 671 738**
- National Coronavirus Helpline **1800 020 080**