

30 April 2020



I'm being tested for COVID-19? What do I need to know?

Below is important information for people **who have symptoms** or are in **quarantine** and are being tested for COVID-19. If this information is not clear or you need more information, call the Public Health Hotline on 1800 671 738 or go to www.coronavirus.tas.gov.au

*If you have chosen to be tested but are **not** sick and have **not** been told by Public Health to stay in quarantine, this information is **not** for you. You do **not** need to isolate at home. You must still follow the rules in place for the whole community.*

Where do I get tested?

Your doctor or staff on the Public Health Hotline will tell you where and when to get tested. You must have an appointment to be tested.

What must I do while I wait to be tested and wait for my results?

Until you get your result, assume you have COVID-19. To protect others, you must stay at home before your test and while you wait for your results (except for urgent, arranged medical care).



Do not go to the shop, the chemist, work or school.

Ask someone to help with essential tasks outside your home, including getting groceries, and to leave supplies on your doorstep. If you need help, call the Public Health Hotline, 1800 671 738.

Do not visit anyone. Do not have visitors, even if they are in isolation as well.

If you live in a home with a private garden/yard, you can use this space.

If you live in an apartment, you can go onto your balcony. You can go to the shared garden if you wear a facemask and move quickly through common areas.

How do I get to the clinic to be tested?

If you don't have private transport, phone the Public Health Hotline for advice and help. **Do not catch a bus or use a taxi or Uber.** When you travel by private car/vehicle:

- minimise the number of people in the car and wear a facemask to protect them, if you can
- wash your hands before leaving home, with soap and water (or alcohol-based hand rub); tell people traveling with you to wash their hands too
- **don't stop on the way there or the way back** unless instructed to by police or emergency services.

What will the test involve?

A healthcare worker will take swabs from your nose and throat. They will wear protective equipment including a facemask and safety goggles, to protect themselves. The swabs will be sent to a laboratory for testing.

How will I get my test results?

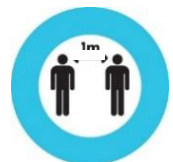
It usually takes a day or two to get the results. If your result is positive, Public Health will phone you to tell you what to do. If your result is negative, you will get a text message (unless your GP did your test and sent it to a private laboratory).

If you get a negative result, you can leave home isolation *unless you were instructed by Public Health to quarantine at home because you may have been exposed to the virus (eg you're a close contact of someone known to have COVID-19 or you've arrived from interstate)*. You still need to follow the rules in place for everyone and stay home unless you need to go out.

How can I protect the people I live with?

Until you get your test results, assume you have COVID-19. If you share your home with others, consider if you or they can stay elsewhere, especially if they are elderly or have underlying health problems like heart/lung disease, diabetes or cancer.

Keep away from others as much as possible. Stay away from shared spaces, like the kitchen. Stay at least 1.5 metres (two big steps) away from other people.



Sleep in a separate bed and use a separate bathroom if you can. Keep towels, face washers and toothbrushes separate. Don't share food/drinks. If you need to be near other people, wear a facemask if you can.

Cover your coughs and sneezes with the inside of your elbow or a tissue; put used tissues in the rubbish straight away, then wash your hands.



Wash your hands often and well, with soap and running water. Always wash your hands after coughing, sneezing, blowing your nose and going to the toilet.

Know when to get further help

If it gets hard to breathe or you get very sick, call Triple 000 for an ambulance. Don't delay. Tell them you might have COVID-19.

How can I stay informed?

It's important to stay informed.

For information about the situation in Tasmania, go to www.coronavirus.tas.gov.au or call the Public Health Hotline on 1800 671 738.

For information about the situation in Australia, go to www.health.gov.au or call the National Coronavirus Helpline on 1800 020 080.