



I've been tested for COVID-19. Now what?

Important information for **people who are sick or in quarantine** and have been 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

What do I need to do while I wait for the result?

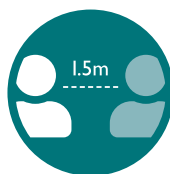


Stay at home

Don't go to work, school, childcare or university.

Ask someone to help you get groceries. If you need help, call the Public Health Hotline on **1800 671 738**.

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



Keep 1.5 metres (two large steps) apart or wear a mask

Avoid shared spaces in your home. Sleep in a separate bed and use a separate bathroom if you can. Wear a facemask if you need to be around other people at home.



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 and wash your hands.



Wash your hands often

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



Know when and how to seek further help

If you have trouble breathing or get very sick, call Triple 000 for an ambulance. Tell them you may have COVID-19.

How will I get the result?

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

If you get a negative test result, you can leave home isolation *unless you have been instructed by Public Health to quarantine at home (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 the whole community.



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

Below is important information for people **who are being referred for testing for COVID-19**. If you don't understand any of this information, ask your GP or call the Public Health Hotline (1800 671 738).

*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.*

Testing is available at:

- Tasmanian Government COVID-19 Testing Clinics in Hobart, Launceston, Burnie and Devonport (bookings required for Hobart and Launceston) and mobile clinics traveling through rural areas
- GP-led respiratory clinics in St Helens, Hobart, Launceston and Devonport (bookings required).

For more information, phone the Public Health Hotline on 1800 671 738 or go to www.coronavirus.tas.gov.au and search for 'testing'.

Arrange to get tested as quickly as possible. If you have to wait for an appointment, wait at home, away from other people.

Until you get your result:

Do not go to the shop, the chemist, work or school. Ask someone to get essential supplies for you and leave them at your door. 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 mask and move quickly through shared areas.



Getting to the testing clinic

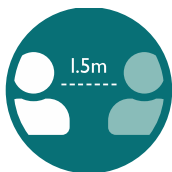
- **If you intend to catch a bus or use a taxi/rideshare service to get to the clinic, please phone the Public Health Hotline (1800 671 738) for advice first.**
- Limit the number of people who travel with you. Wear a mask to protect them, if you can.
- **Wash your hands** before leaving home, with soap and water (or alcohol-based hand rub).
- Don't stop on the way there or the way back.

How can I protect the people I live with?

Keep 1.5 metres (two large steps) apart.

Avoid shared spaces in your home, like the kitchen. Sleep in a separate bed and use a separate bathroom if you can.

Keep personal items (eg toothbrushes) separate. Don't share food/drinks. If you need to be near other people, wear a facemask if you can.



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, then wash your hands.



Wash your hands well, often. Use soap and running water or alcohol-based hand rub if your hands look clean. Viruses can survive for a short time on surfaces and spread through hand contact. Always wash your hands after coughing, sneezing, blowing your nose and going to the toilet.



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.

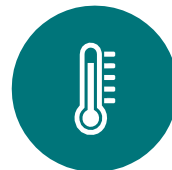
How will I get my test results?

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 it is negative, you will get a text message or your GP will call you.

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 will still need to follow the rules in place for everyone and stay home unless you need to go out.

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.



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.