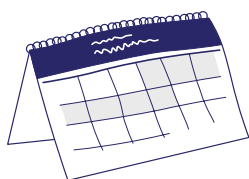




# What to do if you have COVID-19



## Isolate

You and everyone in your house need to stay home for at least 7 days, and until your symptoms go away. If you have COVID-19 but other people in your house do not, stay away from them as much as you can.



## Tell your local health authorities and people you have been in contact with

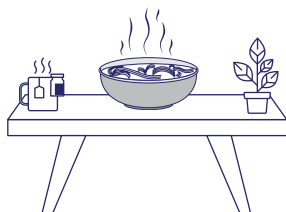
If you tested positive on a Rapid Antigen Test (RAT), let your local health authorities know so they can keep track of who might need help. Follow your local health advice to register as a COVID-19 positive case.

Contact anyone you saw in the 2 to 3 days before your symptoms started or when you tested positive. This is so they know to monitor themselves for symptoms and get tested if they feel unwell.



## Get the things you need

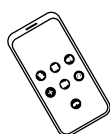
While you're isolating, order groceries or medicine online if you can, or get friends to get them for you and leave them at your door.



## Look after yourself

Many people with COVID-19 experience mild symptoms and can look after themselves at home. Get plenty of rest, drink lots of water and eat well. Take your usual pain medication for fever or aches and pains.

If you're worried about your symptoms, have a yarn with your healthcare worker, or call the National Coronavirus Helpline on 1800 020 080 and choose option 1.



## Calling Triple Zero (000)

Call Triple Zero (000) for emergencies, like if you're having trouble breathing, have chest pain, or feel faint.

## More information

For more information, visit [www.health.gov.au](http://www.health.gov.au), or call 1800 020 080.