



# I don't have symptoms/ am not in quarantine, but I've been tested for COVID-19. Now what?

If you have tested for COVID-19 or have not been told to stay in quarantine, **you do not need to isolate yourself.**

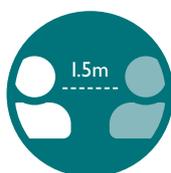
## What do I need to do while I wait for the result?

You can go about your normal daily routine and continue to follow the rules in place for the whole community, such as:



### 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.

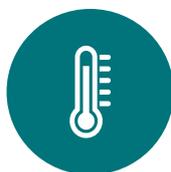


### Keep 1.5 metres away from other people (two large steps)



### Wash your hands often

Use 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 help

If you get sick with shortness of breath, fever, runny nose, cough or sore throat, call your GP or the Public Health Hotline for advice.

## 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).

## Need more information?

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](http://www.coronavirus.tas.gov.au)



If you have been tested because **you are unwell** or you have been told by Public Health to stay in quarantine, **this information is not for you.** You need to stay at home (or your place of isolation) while you wait for your results. Phone **1800 671 738** for more information