



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

Important information for **people who have symptoms or who are 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?

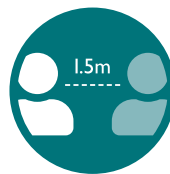


Stay at home

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.



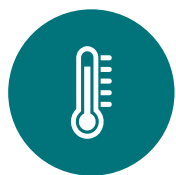
Cover coughs and sneezes

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

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 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, or your symptoms resolve, you can leave home isolation *unless you have been instructed by Public Health to quarantine at home (e.g you're a close contact of someone known to have COVID-19 or you've arrived from outside Tasmania)*. You still need to follow the rules in place for the whole community.