

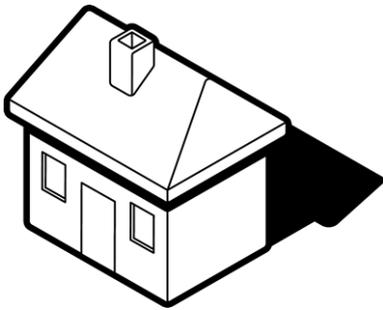


What to do if you've tested positive for coronavirus (COVID-19)

You have tested positive for coronavirus (COVID-19)

You must isolate yourself until the Department of Health and Human Services tells you it is safe. It is important that you follow this guidance – as required by law.

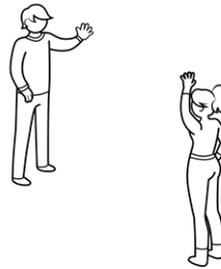
For more information, contact the Coronavirus (COVID-19) hotline on **1800 675 398** (24 hours, 7 days a week). If you need a translator, first call **131 450**.



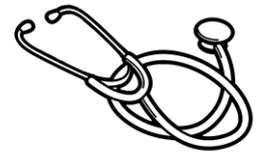
Stay at home



Wash your hands and cover coughs and sneezes



Isolate from your family and friends



If you need medical help, call your doctor or the hotline

Why do I need to isolate?

You have tested positive for coronavirus and must isolate as there is a high chance it will spread to other people. The best way to protect your family and the community is to stay at home and away from other people (physical distancing). Isolation can be stressful but it can help stop the spread of coronavirus.

Isolation means you should not leave your home or accommodation, except for medical care or in an emergency.

If anyone else you know has symptoms they should get tested and stay home.

Where do I isolate?

You must immediately go to the place where you will isolate, without making any stops. This is usually your own home, but the Department of Health and Human Services may allow you to isolate at another suitable location.

You must immediately go to the place where you will isolate.

Who do I need to tell?

After you have been told about your positive test result, you must inform your close contacts. A 'close contact' means people you live with, work closely with, or were with at a social gathering.

The people you live with will all need to isolate as well, as there is a high chance they will have coronavirus. This includes children.

What happens after a positive test?

The public health team will talk to you about people you have had contact with. The team may also contact them. They will note where you are isolating and who is living with you.

The public health team will keep in touch with you regularly. You can always contact them if you need any extra help or have any other questions about keeping safe and well. You must stay in isolation until the team gives you clearance.

How to stay safe

You must not leave your accommodation, except to seek medical attention or in an emergency.

- Separate yourself from other people by staying in a separate room.
- Stay 1.5 metres away from other people.
- Wash your hands and cover your coughs and sneezes.
- Wear a surgical mask when you are in the same room as other people.
- Use a separate bathroom, if available.
- Avoid sharing household items.
- Regularly clean household surfaces and wash laundry thoroughly.
- Dispose of contaminated items in a lined waste bin.
- Wear a surgical mask and disposable gloves while handling soiled items.
- Avoid having people to visit.
- If you live in a private house or apartment you can go into your garden or onto your balcony. You should wear a surgical mask when moving through your accommodation.

Ask friends or family, who are not required to isolate, to get food or other necessities for you.

Monitor your symptoms

If your symptoms get worse but are not serious, call your doctor. If it is a medical emergency (for example, difficulty breathing) call 000 and request an ambulance. Tell the ambulance officers that you have coronavirus (COVID-19).

Look after your well-being

Being in isolation can be difficult, particularly for children.

- Talk to other members of the household. Understanding information about COVID-19 will reduce anxiety.
- Arrange with your employer to work from home, if possible.
- Ask your child's school about options for them to supply schoolwork.
- Keep in touch with family and friends via telephone, email or social media.
- Remember that isolation won't last for long.

If you are not coping, talk to your doctor or contact:

- **Lifeline Australia** <<https://www.lifeline.org.au/>>, phone: **13 11 14**
A crisis support service that provides support at any time.
- **Beyond Blue** <<https://www.beyondblue.org.au/>>, phone: **1300 22 4636**
They are providing specialist help for people in isolation.
- **Kids Helpline** <<https://www.kidshelpline.com.au/>>, phone: **1800 551800**
A free and confidential counselling service for young people.

Support is available

A one-off \$1,500 payment is available to support eligible Victorian workers who have been diagnosed with coronavirus or are a close contact of a confirmed case.

For information on support and emergency relief packages or help getting groceries, visit dhhs.vic.gov.au/self-quarantine-coronavirus-covid-19 or call the Coronavirus hotline on **1800 675 398**. If you need a translator, first call **131 450**.

Information for caregivers and other household members

If you are looking after a sick family member there are some important things you should do to keep everyone in your home safe:

- Ensure the sick person remains in one room, away from other people.
- Keep their door closed and windows open, where possible.
- Keep the number of carers to a minimum.
- Always wash your hands with soap and water or use a hand sanitiser before and after entering the room.
- Keep the sick person's crockery and utensils separate from the rest of the household.
- If available, wear a surgical mask (single-use face mask) when you are in the sick person's room.
- Regularly clean and disinfect high-touch surfaces such as tabletops, doors, keyboards, taps and handles.
- Dispose of tissues and masks in a sealed plastic bag.
- Do not have visitors.

If the person starts to feel worse, call the coronavirus (COVID-19) hotline on **1800 675 398** for advice. If you need to visit your GP, call ahead so they can prepare.

Monitor symptoms

If the person you are caring for develops serious symptoms, such as difficulty breathing, call triple zero (000) and ask for an ambulance.

If anyone else has any symptoms they should get tested and stay home.

Get tested if you have any of these symptoms: fever, chills or sweats, cough or sore throat, shortness of breath, runny nose, loss of sense of smell or taste.

To find out more information about coronavirus and how to stay safe visit www.dhhs.vic.gov.au/coronavirus

If you need an interpreter, call TIS National on 131 450

For information in other languages, scan the QR code or visit www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19



For any questions

Coronavirus hotline 1800 675 398 (24 hours)

Please keep Triple Zero (000) for emergencies only

To receive this document in another format phone **1300 651 160** using the National Relay Service **13 36 77** if required, or email Emergency Management Communications <em.comms@dhhs.vic.gov.au>.

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