



ROAD TO RECOVERY

- Is different for Everyone
- Many people make a full recovery within 12 weeks, some people do not
- Medical clearance - you will have received a text message or email confirming the end of your isolation period, when no longer infectious
- Always keep the medical clearance notice with you

SAFETY AND LONG-TERM EFFECTS

Symptoms can persist for longer than 12 weeks, may change over time and new symptoms may develop.

MUST DO:

- Follow the current rules
- Do regular medical checkups
- Discuss ongoing or worsening symptoms with your doctor
- GET tested - if it has been more than three months since you recovered and if you have symptoms
- Routine COVID-19 testing with no symptoms is not recommended, six months post recovery, COVID-19 tests maybe positive for a while. **BUT check the rules prior to travelling interstate**
- **Get your vaccination if you have fully recovered**
- Talk to your doctor if unsure
- Public Health orders require some to be vaccinated
- Get a temporary medical exemption to COVID-19 vaccination from your GP if needed. **Check the rules that apply in your state**



MANAGING RISKS & GRIEF

Exposed to someone with COVID-19 again

If you are in contact with a COVID-19 case in the 6 months following your infection, you will generally not be considered a close contact and will not need to self-isolate or get a test unless you have symptoms.

Grief, Bereavement and Mental health support

- Post COVID-19 can leave you with either grief from loss of a loved one, or grief from psychological after effects like trouble focusing, remembering, depression or anxiety.
You need to:
 - ✓ Tell a health professional
 - ✓ NSW Health has partnered with Sonder to provide a personal wellbeing service, download the free Sonder Wellbeing & safety app

RETURN TO NORMAL ACTIVITIES

Yes you can, with a MEDICAL CLEARANCE!

LIVE Life with COVID-19 protocols especially HYGIENE!

"Let's be kind to each other"

IT is not shameful!

"Thank you for sharing information about the close contact"

"Thank you for wearing a mask"

"Thank you for social distancing"

STOP harassment and violence toward people who are following public health guidelines, have symptoms or recovered from COVID-19

HELP

Speak to your local doctor
See RESOURCES for further help information

