

# COVID-19 - Testing Positive and Managing at Home



## If YOU test positive with a rapid antigen test, you must:

- Register your positive test on the Service NSW website so you can be linked to important healthcare support and advice based on your COVID-19 risk. If you cannot register online, please call Service NSW on 13 77 88.
- When positive, you will be required to complete questions or a survey to determine whether you are at risk of severe disease.
- You will also be sent advice on self-isolation and how to look after your illness at home.

## Exposure to someone with COVID-19 again

- If you come into contact with someone with COVID-19 within 28 days after you are released, you will generally not need to self-isolate or get a test unless you have symptoms. See [NSW Health Links & Resources - Information for People Exposed to COVID-19](#)

## If you test positive with a PCR or rapid antigen test:

1. You and your household must isolate immediately for 7 days. If you have symptoms after 7 days, remain in isolation until 24 hours after your symptoms have resolved.
2. Make a list of all places you have been to, and people you have come into contact with 2 days before you started having symptoms or 2 days before you tested positive.
3. Tell people (by phone, text or email) that you have COVID-19. This includes your social contacts, workplace and/or school, as well as advise venues you have visited.



4. If you are concerned, call your GP, the NSW Health COVID-19 Care at Home Support Line on 1800 960 933 or the National Coronavirus Helpline on 1800 020 080. If symptoms become severe call 000.

## How will I know I have COVID-19?

- Most people can use a rapid antigen test (RAT) result to confirm they are positive for COVID-19
- This includes people with symptoms, people who live with someone who has COVID-19, people who have spent a long time with, or interacted closely with someone who has COVID-19, and people who have travelled internationally within the last 14 days
- Only some people are required to get a confirmatory PCR (nose and throat) swab



## Managing COVID-19



- If you are at risk of severe disease, you will be linked to NSW Health clinical services.
- If you are under 65, vaccinated, do not suffer from any chronic health conditions, not pregnant, you can safely look after yourself at home.

Most symptoms can be managed with:

- Bed rest
- Good nutrition
- Regular paracetamol and ibuprofen to relieve pain and fevers
- Throat lozenges for a sore throat
- Keeping hydrated with regular sips of water

**STAY UP TO DATE FOR NEW CHANGES**



## Ask your doctor about COVID-19 symptoms and medical treatments

Contact your GP or call the NSW Health COVID-19 Care at Home Support Line on 1800 960 933 if you are at high risk of severe disease.

If you are pregnant and have COVID-19, contact your Doctor