

Your care if you **test positive** for **COVID-19**

1. Isolate and prepare



Isolate yourself from other people



Tell your close contacts to get tested and quarantine



If you used a rapid antigen test, report your result online



Help us assess your needs by completing a short survey (you will receive a link to the survey by SMS)

2. Monitoring and Care



Self-manage at home
Most people will self manage their symptoms and recover at home



Care at home with support
Some people will receive care at home with support from the COVID-19 Response Care Team



Care in a supported facility
Some people will receive care at a supported facility with health worker oversight (if they can't isolate at home)



Care in hospital
If someone becomes very sick or has specific needs, they will receive care in hospital

3. Contact

For health information and advice, contact the National Coronavirus Helpline on 1800 020 080 **OR** your usual GP

Complete a daily symptom check survey – you may receive check up calls from a health worker every day or two

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4. Recovery

You can leave isolation after 10 days

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The hospital will arrange discharge

If you have worsening symptoms such as difficulty breathing or chest pain or in any other emergency, **call 000 (triple zero)** and tell them you are COVID-19 positive



sahealth.sa.gov.au/COVIDpositive



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