

It is very important to monitor the symptoms when you or someone you care for tests positive for COVID-19, particularly if you feel that your symptoms are getting worse.

MILD SYMPTOMS rest and recover at home	WORSENING SYMPTOMS talk to a GP or call the COVID-19 Response Care Team	SEVERE SYMPTOMS get immediate help
<p>You can safely stay at home if you or the person you are caring for has any of these symptoms:</p> <ul style="list-style-type: none"> • runny or blocked nose • sore throat • aches and pains • dry cough <ul style="list-style-type: none"> – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours – if you usually have a cough, it may be worse than usual • feeling more tired than usual <ul style="list-style-type: none"> – but able to get out of bed, walk around the house and do normal daily activities • headache • loss of or change in taste and smell • loss of appetite or nausea • feeling sad, worried, or frightened. <p>Someone with mild symptoms should be able to speak in full sentences and move around the house to do normal activities without becoming breathless.</p>	<p>Contact your GP or the COVID-19 Response Care Team (on 1800 272 872) if you or the person you are caring for develops any of the following symptoms:</p> <ul style="list-style-type: none"> • mild shortness of breath when moving around or coughing <ul style="list-style-type: none"> – but still able to speak in full sentences without becoming out of breath • coughing up mucous regularly • severe muscle aches and pains • feeling very weak and tired <ul style="list-style-type: none"> – but still be able to get out of bed and move around the house • little or no urination <ul style="list-style-type: none"> – not urinating as regularly as normal or not needing to urinate at all • vomiting or diarrhoea • a temperature above 38 degrees Celsius • shakes or shivers. <p>Or if you feel that:</p> <ul style="list-style-type: none"> • the symptoms are getting worse, something is wrong, and you are concerned the ill person is getting much worse • you are unable to take care of yourself and others are unable to take care of you (things like showering, putting on clothes, going to the toilet or making food). 	<p>You should call Triple Zero (000) if any of the following happens to you, or the person you are caring for:</p> <ul style="list-style-type: none"> • severe shortness of breath or difficulty breathing <ul style="list-style-type: none"> – becoming short of breath even when resting and not moving around – becoming breathless when talking or finding it hard to finish sentences • breathing gets worse very suddenly • chest pain or discomfort • coughing up blood • lips or face turning blue • skin cold, clammy, pale or mottled • severe headaches or dizziness • fainting or feeling like fainting often • unable to get out of bed or look after self or others • confusion (for example, can't recall the day, time or people's names) • finding it difficult to keep eyes open.
<p>What do I do? Someone with mild symptoms is unlikely to need medical attention. You should monitor these symptoms and:</p> <ul style="list-style-type: none"> • rest • drink plenty of water (aim to drink 2 to 2.5 litres a day) • take paracetamol for pain relief • eat healthy food • take your regular medications. 	<p>What do I do? Call your GP as soon as possible to discuss the worsening symptoms. Your GP will tell you what to do next. Alternatively, you can contact the COVID Response Care Team on 1800 272 872 for advice.</p>	<p>What do I do? Call Triple Zero (000) immediately if you, or the person you are looking after, gets any of these symptoms. Do not wait to see if the symptoms change.</p> <p>When you call an Ambulance (dial 000), let the operator know you have COVID-19 so the paramedics know how to treat you safely. Ambulance transport to the nearest and most appropriate medical facility is free.</p>