



# RECOMMENDATIONS FOR COVID-19 POSITIVE

**If you test positive for COVID-19, you may be infectious for up to 10 days but you are most infectious in the two days before your symptoms start and while you have symptoms (runny nose, sore throat, cough and fever).**

**To reduce the risk to others, if you test positive to COVID-19 it is recommended that you:**

- Stay home until your symptoms have cleared (usually 5 to 7 days)
- If you must leave the house, wear a mask when indoors or on public transport
- Avoid large gatherings and crowded indoor places
- Don't visit people at high risk of severe illness, or high risk settings for at least 7 days.
- Always speak with your employer about when to return to work, especially if you work in a high risk setting.

**High-risk settings include health care, disability and aged care**

- ! You are no longer legally required to isolate but you are recommended to stay home and take steps to protect others.
- ! If you need health care it is best to call your service first and let them know you are COVID positive. For more information please visit the SA Health website.
- ! It is still mandatory to register your positive RAT result.



Follow the QR code to know more about accessing your free rapid antigen tests and registering your positive results or Call 1300 232 272

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Aboriginal Health Council  
of South Australia Ltd.