



IF YOU TEST COVID-19 POSITIVE

You will get a **phone call** from the Public Health Unit.

They will ask you questions about your health and give advice about what to do next.



All information shared by you is private and confidential.

What questions will I be asked?

You will be asked about:

- Your health and symptoms
- Who you have seen recently
If these people are “close contacts” they will also be contacted
- If you have travelled recently
- If you need any support while self-isolating – this may include housing, food, financial services, mental health services, family and children services and disability services.

NOTE: NSW Health phone calls show as private numbers. Please pick up private calls when waiting to hear back about test results.

COVID-19

For the latest information on COVID-19, visit the NSW Government website at

nsw.gov.au

HELP AND SUPPORT

Are you feeling worried and need help to cope during the COVID-19 outbreak?

Speak to a counsellor available 24/7:

Lifeline

13 11 14

<http://www.lifeline.org.au/get-help/online-services/crisis-chat>

Beyond Blue

1800 512 348

<http://coronavirus.beyondblue.org.au/>

Remember you can always contact your Aboriginal Medical Service, GP or Hospital if you need help or have any questions.

Please call ahead if you are going to visit your GP or local hospital and tell them you have been tested for COVID-19.

In a health emergency call 000 for an ambulance.

To speak to a nurse or doctor, call 1800 020 080 for free 24/7

JUST GOT TESTED FOR COVID-19?

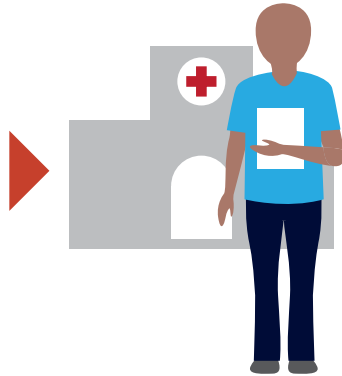
INFORMATION FOR THE ABORIGINAL COMMUNITY



> KEEP OUR MOB SAFE

WHAT TO DO AFTER GETTING TESTED FOR COVID-19

You will get a **home isolation kit** after your test to help protect you and those close to you. It will include a mask to help reduce the possible spread of COVID-19.



Step 1

Go straight home.

Step 2

Isolate until you get your test result back.

RECEIVING TEST RESULTS

Negative Test Result

You do not have COVID-19

You will receive your results via SMS or your clinic or Public Health Unit will contact you within 1-3 days.

Stay home until you are well. If you feel unwell again **get another test.**



Positive Test Result

You have COVID-19

A Public Health Unit Officer will call you as a priority.

See next page for details on home isolation.



NOTE: If you have been told you are a close contact of someone with COVID-19, you must stay in isolation for 14 days. Get a COVID-19 test on day 12. You must only leave isolation after 14 days if you receive a negative test result. Please ask everyone who lives in the same place as you and all other people who have been near to you in the last two days to get tested and to isolate until they get a negative test result. You should stay apart from these people.

HOME ISOLATION SAFETY CHECKLIST

• **Wash your hands often** or use hand sanitizer.



• **Wear a mask** when in a room with other people.

• **Stay in another room** from household members.



• **Do not share a room** with people who are at risk of more serious illness.

• **Clean places you touch** often.



• Use a **separate bathroom** if available, and have **separate towels.**



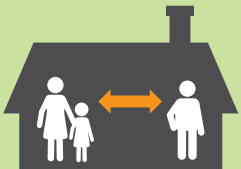
• **Avoid shared spaces**, like the kitchen or living areas.

• **Don't have visitors** to the home while you are in isolation.



• **Keep a safe distance** from other people.

• **Keep up a normal routine** as much as possible - exercise regularly at home.



• **Stay connected and look after yourself** - ask a friend or family member to be on call.

