

# I've been tested for COVID-19. Now what?

Version 1, 4 May 2020



COVID-19  
INFO

Important information for **people who are sick or in quarantine** and have been tested for COVID-19. If this information is not clear or you need more information, call the Public Health Hotline on **1800 671 738** or go to [www.coronavirus.tas.gov.au](http://www.coronavirus.tas.gov.au)

## What do I need to do while I wait for the result?



### Stay at home

Don't go to work, school, childcare or university.

Ask someone to help you get groceries. If you need help, call the Public Health Hotline on **1800 671 738**.

**Do not have visitors**, even if they are in isolation as well.



### Keep 1.5 metres (two large steps) apart or wear a mask

Avoid shared spaces in your home. Sleep in a separate bed and use a separate bathroom if you can. Wear a facemask if you need to be around other people at home.



### Wash your hands often

with soap and water or alcohol-based hand rub. Viruses can survive for a short time on surfaces and spread through hand contact.



### Cover coughs and sneezes

If you don't have a tissue, use the inside of your elbow. Put used tissues in the rubbish straight after use and wash your hands.



### Know when and how to seek further help

If you have trouble breathing or get very sick, call Triple 000 for an ambulance. Tell them you may have COVID-19.

## How will I get the result?

Please do not call our clinic – you will be notified within the next three days. If you have a positive result, Public Health will phone you to tell you what to do. If you have a negative result, our clinic staff will send you a text message or will call you.

If you get a negative test result, you can leave home isolation *unless you have been instructed by Public Health to quarantine at home (e.g. you're a close contact of someone known to have COVID-19 or you've arrived from interstate)*. You still need to follow the rules in place for the whole community.



If you have chosen to be tested but are **not** sick and have **not** been told by Public Health to stay in quarantine, this information is **not** for you.

You do not need to isolate at home. You must still follow the rules in place for the whole community.

For more information visit [www.coronavirus.tas.gov.au](http://www.coronavirus.tas.gov.au)

Source: V1.1\_TasGov\_COVID19\_Infosheet\_Ive\_Been\_Tested\_Now\_What\_D002