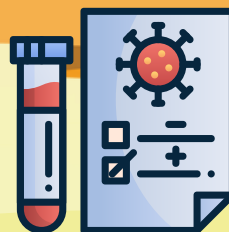
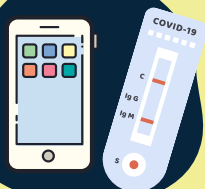


What do I need to do if I test positive to COVID?

Follow these steps to manage COVID-19 safely at home.



Step 1



Report your rapid antigen test (RAT)

- You must register a positive test on the Service NSW app or website.
- This links you to important health care support and advice based on your COVID-19 risk.

Step 2



Isolate immediately

- For at least 7 days.
- Your household must also self-isolate for 7 days, take a RAT as soon as possible and again on day 6.

Step 3



Let contacts know

- Tell people who you spent time with 2 days before you started having symptoms or you tested positive (whichever came first) that you have COVID-19.
- This includes your social contacts, workplace and/or school.

Monitor your symptoms

- If you are concerned you should call your GP, the NSW Health COVID-19 Care at Home Support Line on 1800 960 933 or the National Coronavirus Helpline on 1800 020 080.
- Call 000 for an ambulance if symptoms become severe.

Step 4



Step 5



Release from isolation

- You can leave self-isolation after 7 days if you do not have symptoms. Call your GP if symptoms persist beyond 7 days.
- Do not visit people in hospital, nursing homes or prison for a further 7 days.

For more information about managing COVID at home or if you are at risk, please visit:
www.health.nsw.gov.au

