

COVID-19 – Information for someone who is being tested for COVID-19

You have been tested for a strain of coronavirus that causes a disease called COVID-19. Please read the following information.

What happens now?

You will get your test result in 24 to 72 hours. If you have not received your test result within 72 hours, you should contact the service where you were tested (e.g. GP or clinic).

Most people are well enough to be at home while waiting for their test result. However, if you are very unwell, a health professional may recommend that you go to your nearest Emergency Department. If your condition is serious, you may need to stay in hospital.

Do I need to stay at home until I get my test result?

- You need to stay at home until you get a negative COVID-19 test result, **and** until your symptoms are gone.
- This means that even if you get a negative COVID-19 test result, you still need to stay at home until your symptoms (including runny nose, cough, or sore throat) are gone.
- If your symptoms are gone before you get your test result, you still need to stay at home until you get a negative COVID-19 test result.

What can I do to keep other people in my home safe?

- While you are unwell, try not to have contact with other people in your home.
- Wash your hands regularly:
 - Use liquid soap and water and wash for at least 20-30 seconds.
 - If your hands don't look dirty, you can clean your hands using an alcohol-based hand sanitiser that contains at least 60% alcohol.
- Cough and sneeze into your elbow, or a tissue, then throw the tissue into the bin and wash your hands.
- Avoid touching your eyes, nose and mouth with unclean hands.
- Avoid sharing drinking glasses, cutlery, dishes and other utensils with other people.
- Regularly clean things you touch often (like door handles, kitchen and bathroom areas), using a detergent-based cleaner like Spray n' Wipe™.

What happens if my test is negative?

If you were already in quarantine before having your test

- If your test is negative for COVID-19 and you were already in quarantine before you had your test (due to recent travel overseas or to high-risk interstate areas, or close contact with a confirmed COVID-19 case), you **must still complete your full quarantine period** following information from ACT Health.
- Keep watching your health. If you get new symptoms or your symptoms get worse, you may need to be tested again.

If you were not in quarantine before having your test

- If your test is negative for COVID-19 and you were not in quarantine before you had your test, you should **stay at home until your symptoms are gone**. You can then return to normal activities. You must still follow all government restrictions.

What happens if my test is positive?

- If your test is positive for COVID-19, the Communicable Disease Control (CDC) Section at ACT Health will call you to give you advice and to work out who you had contact with while you were infectious.
- Most people with COVID-19 can look after their health safely at home. You must remain in self-isolation at home until CDC advises that you don't need to isolate anymore. CDC will contact you every day to check on you and to give advice about how to get medical care if you need it.

What if I need medical attention while I am awaiting my test result?

If you develop new symptoms or your symptoms get worse, and you are concerned about your health, you can:

- Call your GP and ask for a telehealth consultation. Do not visit your GP without calling first.
- Make a free appointment at a GP-led Respiratory Clinic. Do not visit without calling first.
 - Lakeview Respiratory Clinic, 1/216 Cowlshaw St, Greenway
Ph: 6185 1986 Open: 9am to 6pm, Monday to Friday.
Book online: www.lakeviewrespiratoryclinic.com.au.
 - YourGP@Crace Respiratory Clinic, 1/5 Barrata St, Crace
Ph: 6109 0000 Open: 1pm to 5pm, Monday to Friday
Book online: www.gprespiratoryclinic.com.au.
 - Winnunga Nimmityjah Respiratory Clinic, 63 Boolimba Crescent, Narrabundah
Ph: 6284 6222 Open 9am to 4:30pm Monday to Friday, for First Nations people and existing Winnunga clients only. You don't need an appointment but please call before attending.

- If you have serious symptoms such as difficulty breathing, call triple zero (000) or go to your nearest hospital Emergency Department. Make sure to tell the triple zero operator or hospital staff that you have been tested for COVID-19.
- If you need to travel for medical care while you are waiting for your test result, you should use private transport, such as a private car, if you can. If you must use public transport, rideshare or taxi, you should wear a mask, avoid direct contact with other people (including other passengers, drivers and transport staff), cough/sneeze into your elbow, and wash your hands before and after you travel.

Where can I get more information?

Visit the ACT COVID-19 website: <https://covid19.act.gov.au>

Call the ACT COVID-19 Helpline: (02) 6207 7244

Accessibility

If you have difficulty reading a standard printed document and would like an alternative format, please phone 13 22 81.



If English is not your first language and you need the Translating and Interpreting Service (TIS), please call 13 14 50.

For further accessibility information, visit: www.health.act.gov.au/accessibility

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