



I'm in quarantine and I've been tested for COVID-19. Now what?

This sheet is for **people who are in hotel or home quarantine and have been tested for COVID-19**. If this information is not clear or you want to know more, call **1800 671 738** or go to www.coronavirus.tas.gov.au

Can I go out or have visitors while I wait for the result?

No. Only leave your home/property or hotel in an emergency or to access essential, urgent medical care where it cannot be provided through telehealth or over the phone.

Even if you feel ok, you might have the virus that causes COVID-19. You could pass the virus to people around you and some people might get very sick.

Don't go to work, school, a place of worship, the shop, pharmacy or servo. Do not have visitors, even if they are in quarantine as well.

If you need help, call **1800 671 738**.

If you are in hotel quarantine and **you don't have any symptoms** of COVID-19, you can leave your room to use special quarantine areas in the hotel, for example to exercise, if this is arranged and booked through hotel staff. See the symptom list over the page.



If my result is negative, can I go out?

No. Even if your result is negative, you must stay at home or in your hotel for 14 days from arriving in Tasmania or spending time with someone known to have COVID-19.

A negative result only shows you did not have enough virus in your body to show up when the sample was taken. It often takes around five days for the virus to start showing up; it can take up to 14 days.

If you have the virus but it hasn't spread enough in your body to show up yet, the result will be negative. A day or so later, your result might be positive.

You can pass the virus to others even if you feel ok.

If you leave your home/hotel, you may put others at risk and be fined or face up to 6 months in jail.

How will I get the result?

It takes a day or two to get the result. If your result is positive, Public Health will call to tell you what to do. If your result is negative, you will get a text message (unless your doctor did your test, then you will get a text message or your GP will call you).

If I finish my time in quarantine but haven't got my test result, can I still leave?

If you have symptoms, please wait until you get the result before leaving your hotel/home.

If you don't have symptoms and have finished your time in quarantine, you can leave your home or hotel, even if you are still waiting on your result.

What if I need to see a doctor or get medication prescribed by my doctor?

If you need prescription medication, arrange this with your pharmacist. You might need to ask your doctor to send the prescription to your pharmacy. Ask the pharmacist if they can deliver the medication to you or ask a friend or family member to help. If you need help, call 1800 671 738.

If you need to see a doctor or have a healthcare appointment, phone first and tell them you are in quarantine. Ask if its safe for your appointment to be postponed or done over the phone. **If necessary and arranged with your healthcare provider**, you can leave quarantine for:

- antenatal appointments (if you are pregnant)
- urgent specialist or outpatient clinic appointments
- urgent appointments with your doctor
- urgent and emergency transport to hospital.

What are the symptoms of COVID-19?

The two most common symptoms of COVID-19 are:

- fever (or chills, night sweats)
- cough.

Other symptoms include:

- sore throat
- headache
- change in taste
- vomiting
- shortness of breath
- muscle/joint pain
- loss of sense of smell
- diarrhoea
- runny nose
- fatigue (extreme tiredness)
- loss of appetite
- nausea (feeling sick).

Can I get tested again?

Yes, if you have any symptoms of COVID-19 (even mild), please get tested. Get tested every time you get symptoms, even if you had a negative result before.

If you are in quarantine at home, you will be offered testing on day 12 of your quarantine. You can leave home to get tested but must travel straight there and back.

If you are in hotel quarantine, you will be offered testing on day 5 and 12, at your hotel.

If I get symptoms after my 14 days in quarantine, what should I do?

If you get any symptoms of COVID-19, even mild, any time, please get tested, even if you've been tested before. Call **1800 671 738** for advice. Tell them you were in quarantine.

What if my result is positive?

COVID-19 is serious, but most people recover at home after a week or two without needing to go to hospital.

If your result is positive, a nurse or doctor from Public Health Services will call you.

They will talk with you about how you feel and the care you need. If there are people living with you, they will also talk with you about how to protect them.

They will also talk with your doctor about your care, if you are okay with that, and may ask other doctors to help with your care.

Unless you need to go to hospital, Public Health will phone you every day to check how you are.

If you start feeling short of breath or it gets hard to breathe, phone 000 for an ambulance. Tell them you have COVID-19.