I've been tested for COVID-19. What next?

KEEP ON TOP OF COVID

You must go straight home or to your accommodation and stay there until you get your test result. Don't go to the shops. Don't visit anyone. Don't have visitors.

You may only leave for one of the following reasons:

- to get re-tested
- to seek urgent medical care that you can't get over the phone
- if you are directed to leave by emergency services (police, fire, ambulance, SES).

If you leave – even briefly – you may put others at risk. You could be fined up to $16,800 or jailed for up to six months.

If you have any questions at any time, please phone the Public Health Hotline on **1800 671 738**.

How long do I have to stay at home or my accommodation after my test?

This depends on why you were tested:

If you have cold or flu-like symptoms but you haven't been in a high-risk area and you haven't been near someone who has COVID-19:

- Stay at home or your accommodation until you get a negative test result and your symptoms have gone.

If you had a test because you've been in a declared high-risk area:

- Stay at home or your accommodation until you are officially advised that you are allowed to leave, even if you get a negative test result.
- It can take 14 days for the virus to show up in your body. Even if you feel okay and your test is negative, you could still spread COVID-19 to others before you have symptoms.

If you had a test because you are a 'close contact', which means you have been near someone who has COVID-19:

- Stay at home or your accommodation until someone from Public Health tells you that you are allowed to leave, even if you get a negative test result.
- It can take 14 days for the virus to show up in your body. Even if you feel okay and your test is negative, you could still spread COVID-19 to others before you get symptoms.

If you had a test because you are a 'casual contact', which means you could have been near someone with COVID-19:

- Public Health will have told you when to get tested.
- Stay at home or your accommodation until you get a negative test result.
- Keep looking out for symptoms after getting the result.

When and how will I get my test result?

You should get your test result in a day or two.

- If your result is positive, someone from Public Health will phone you.
- If your result is negative, you will get a text message or a phone call.

Tasmanian Government

What happens if my test is positive?

COVID-19 is serious, but most people recover after a week or two without going to hospital.

If your test is positive, someone from Public Health will phone and speak with you about the care you need. If you are living with other people, Public Health will ask you about this and tell you what you must do to protect them.

Public Health may also speak with your usual doctor (if that's okay with you) and ask other doctors to help with your care.

Unless you need to go to hospital, someone from Public Health will be in contact with you every day.

What if I get symptoms after being tested?

If you get any of the symptoms below – even mild – you should be tested again as soon as possible.

- Fever, chills or night sweats
- Sore or itchy throat
- Cough
- Runny nose
- Shortness of breath
- Loss of taste or smell.

*If you feel unwell or it gets hard to breathe, phone **Triple Zero (000)** for an ambulance.*

Always follow Public Health advice to Keep on Top of COVID

COVID-SAFE BEHAVIOURS

KEEP YOUR DISTANCE

WASH YOUR HANDS

STAY HOME IF SICK

SYMPTOMS? GET TESTED

FOLLOW DIRECTIONS

USE CHECK IN TAS

WEAR A MASK AS REQUIRED

GET THE COVID VACCINE

Phone the Public Health Hotline for more information

If you are unsure about what you can do or what to expect after testing, please phone the Public Health Hotline on **1800 671 738**.