



I don't have symptoms and I'm not in quarantine, but I've been tested for COVID-19. Now what?

If you arrived in Tasmania or spent time with someone known to have COVID-19 in the past 14 days, or have symptoms of COVID-19, this information is not for you. You need to stay at home (or your place of quarantine) while you wait for your results. Phone 1800 671 738 for more information.

If you have been tested for COVID-19 but don't have symptoms and have not recently arrived in Tasmania or spent time with someone known to have COVID-19, **you do not need to isolate yourself.**

Can I get tested again?

Yes, if you get any of the following symptoms (even mild), please get tested again: **fever (or chills, night sweats), cough, sore throat, runny nose, shortness of breath or loss of sense of taste or smell.**

Get tested every time you get symptoms, even if you have had a negative result before. Phone 1800 671 738 or your GP to arrange testing.

How will I get the result?

It usually takes a day or two to get the result.

If your result is positive, Public Health will phone you to talk with you about what to do.

If your result is negative, you will get a text message or your doctor will phone you.



What should I do while I wait for the result?



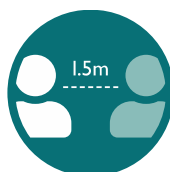
Cover coughs and sneezes

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



Wash your hands often

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



Keep 1.5 metres (two large steps) from people you don't live with, when you can.