



# I've been tested, I have symptoms but I'm not in quarantine. Now what?

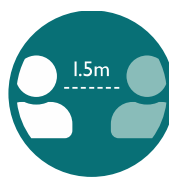
Information for **people who have symptoms of COVID-19 but are not in quarantine** (eg have not recently arrived in Tasmania or had contact with someone known to have COVID-19). If this information is not clear or want to know more, call **1800 671 738** or go to [www.coronavirus.tas.gov.au](http://www.coronavirus.tas.gov.au)

## What do I need to do while I wait for the result?



### Please, stay at home

This is important. Don't go to work, school, childcare or university. Ask someone to help you get groceries. If you need help, call **1800 671 738**. **Do not have visitors**, even if they are in quarantine or isolation as well.



### Keep 1.5 metres (two large steps) apart or wear a mask

Avoid shared spaces in your home. Sleep in a separate bed and use a separate bathroom if you can. Wear a facemask if you need to be around other people at home.



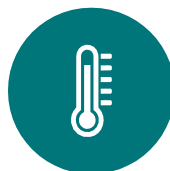
### Cover coughs and sneezes

If you don't have a tissue, use the inside of your elbow. Put used 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.



### Know when and how to get more help

If it gets hard to breathe or get very sick, call 000 for an ambulance. Tell them you may have COVID-19.

## Do the people I live with have to stay at home too?

No. The people you live with don't need to stay at home unless they also have symptoms of COVID-19 or are in quarantine because they recently arrived in Tasmania or had contact with someone known to have COVID-19.

## How will I get the result and what happens then?

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

If your result is positive, Public Health Services will phone you to talk with you about what to do. The people you live with will then be considered 'close contacts' and will need to stay at home.

If your result is negative, you will get a text message or your doctor will phone you. If your symptoms have stopped (and you haven't recently arrived in Tasmania or spent time with someone known to have COVID-19), you can then leave home isolation. You still need to follow the rules in place for the whole community.