



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

This sheet is for **travellers** and **close contacts** in **home quarantine** who 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](http://www.coronavirus.tas.gov.au)

## How will I get the result?

It takes a day or two to get the result.

If your result is positive, Public Health will phone you to tell you what to do.

If it is negative, you will get a text message or the doctor that did your test will contact you.

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

You must go straight home and stay at home (or your place of quarantine) for 14 days after you:

- arrive in Tasmania from an area that is high or medium risk for COVID-19
- have close contact with someone known to have COVID-19 (except for frontline workers wearing appropriate protective equipment).

Only leave your home/property in an emergency or to access COVID-19 testing or essential, urgent medical care where it cannot be provided through telehealth or over the phone.

Do not have visitors during that time, even if they are in quarantine too.



If you leave your home, even briefly, while you should be in quarantine, you may put others at risk. You could be fined up to \$16,800 or face up to six months in jail.

## Can I leave quarantine if my result is negative?

You need to be in quarantine for 14 days from your arrival in Tasmania or close contact with someone known to have COVID-19 **even if you have a negative COVID-19 test result.**

It can take 14 days for the virus that causes COVID-19 to show up in your body, and you can spread it to others two days before you get symptoms.

A negative result only shows you did not have enough virus in your body to show up when the sample was taken. A day or so later, your result might be positive.

Even if you feel OK or have had a negative COVID-19 test result, you could pass the virus to people around you who may get very sick.



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

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

If you have a fever (or signs of fever, for example chills or night sweats), cough, sore throat, runny nose or loss of taste/smell, even mild, please phone the Public Health Hotline on 1800 671 738. You may need another test. Wait until you get the result before leaving your home or place of quarantine.

## What should I do if I get symptoms of COVID-19?

If you get *any* of the symptoms of COVID-19 listed below *any* time, even mild, its important to get tested again as soon as possible. Get tested every time you get symptoms, even if you had a negative result before.

### Symptoms to look out for are:

- **fever (or chills, night sweats)**
- **sore throat**
- **cough**
- **runny nose**
- **shortness of breath**
- **loss of taste or smell.**



If you feel unwell and it gets hard to breathe, call Triple Zero (000) for an ambulance. Tell them you're 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.

**We take the threat of COVID-19 seriously and are working hard to keep people safe. Thank you for helping keep everyone in Tasmania safe.**