



I'm being tested for COVID-19? What do I need to know?

Below is important information for people **who are being referred for testing for COVID-19**. If you don't understand any of this information, ask your GP or call 1800 671 738.

*If you have chosen to be tested but are **not** sick and have **not** been told to stay in quarantine, this information is **not** for you. You do **not** need to quarantine at home. You must still follow the rules in place for the whole community.*

Testing is available at:

- Tasmanian Government COVID-19 Testing Clinics in Hobart, Launceston, Burnie and Devonport (bookings required for Hobart and Launceston) and mobile clinics traveling through rural areas
- GP-led clinics in St Helens, Hobart and Launceston (bookings required).

For more information, phone the Public Health Hotline on **1800 671 738** or go to www.coronavirus.tas.gov.au and search for 'testing'.

Arrange to get tested as quickly as possible. If you have to wait for an appointment, wait at home, away from other people.



Until you get your result:

Do not go to the shop, the pharmacy, work or school. Ask someone to get groceries for you and leave them at your door. If you need help, call 1800 671 738.

Do not visit anyone. Do not have visitors, even if they are in quarantine or isolation as well.

Do not go out or have visitors even if your symptoms of COVID-19 stop.

If you live in a home with a private garden/yard, you can use this space. If you live in an apartment, you can go onto your balcony.

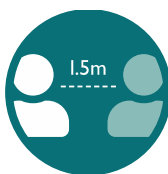
Getting to the testing clinic

- **If you intend to catch a bus or use a taxi/rideshare service to get to the clinic, please phone the Public Health Hotline (1800 671 738) for advice first.**
- Travel alone if possible. If not, limit the number of people who travel with you. Wear a mask to protect them, if you can, and sit as far apart as possible.
- **Wash your hands** before leaving home, with soap and water (or alcohol-based hand rub).
- Don't stop on the way there or the way back (except in emergency situations or if instructed by police or emergency service workers).

How can I protect the people I live with?

Keep 1.5 metres (two large steps) apart.

Avoid shared spaces in your home, like the kitchen. Sleep in a separate bed and use a separate bathroom if you can.



Keep personal items (eg toothbrushes) separate. Don't share food or drinks. If you need to be near other people, wear a facemask if you can.

This is especially important for anyone you live with who is more likely to get severe illness from COVID-19, including people aged over 70 years.

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, then wash your hands.



Wash your hands well and often. Use soap and running water or alcohol-based hand rub if your hands look clean. Viruses can survive for a short time on surfaces and spread through hand contact. Always wash your hands after coughing, sneezing, blowing your nose and going to the toilet.



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

No, the people you live with do not need to stay at home while you wait for your results, unless they also have symptoms, have recently arrived in Tasmania or are told to by Public Health Services. They can go to work, school and the shops.

If your result is positive, the people you live with will be considered 'close contacts'. They will need to stay at home and be alert for symptoms of COVID-19.

If you live with someone more likely to get very sick from COVID-19, consider if they can stay somewhere else while you are in quarantine, to protect them. Those more likely to get very sick include people aged over 70 years and people with underlying health conditions, including people who have been told by their GP that they have weakened immunity. For more information, see www.coronavirus.tas.gov.au or call **1800 671 738**.

What will the test involve and how will I get the result?

A healthcare worker will take samples from your nose and throat. They will wear a facemask and safety goggles to protect themselves. The samples will be sent to a laboratory for testing.

It usually takes a day or two to get the results. 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 your GP will call you.

If you get a negative result, you can leave home isolation unless:

- you still have symptoms
- you were instructed by Public Health to stay at home because you've had close contact with someone known to have COVID-19
- you arrived in Tasmania in the past 14 days.

Know when to get further help

If it gets hard to breathe or you get very sick, call 000 for an ambulance. Don't delay. Tell them you might have COVID-19.

For information, go to www.coronavirus.tas.gov.au or call the **1800 671 738**.