Testing for COVID-19

Information sheet

Barwon Health

Today you have been tested for COVID-19 (Coronavirus).

Please ensure that you have a phone number that we can contact you on. You will receive a call or text message in the next three to five days (dependent on demand for testing) to let you know the result.

What if I am a close contact of someone with COVID-19?

It is important that you remain at home in isolation, regardless of your symptoms.

If you test negative, you must still complete the isolation period specified by the Department of Health and Human Services. You will receive regular contact from DHHS and they will notify you when your isolation period ends.

I've had a test and I am not a close contact of someone with COVID-19 - what should I do now?

It is important that you now remain at home in isolation until we notify you of your result.

If you test **positive** you will receive further guidance from the Victorian Department of Health and Human Services (DHHS).

If you test negative, please note the following:

- If you still have symptoms you should remain in isolation until your illness has fully resolved to avoid spreading your illness to others.
- The test that you have had will detect the majority of cases of COVID-19, but not all cases.
- If your symptoms get worse you should seek medical care so we can determine if you need further testing.
- If you develop difficulty breathing please seek urgent medical attention.

How can I protect myself and my family while in isolation?

While you are in isolation, please follow the guidelines below:

Stay at home except to get medical care: You should not leave your home, except to get medical care. Do not go to work, school or public areas and do not use public transport or taxis/ubers. If you cannot get to medical care safely in your own car, you should call an ambulance.

Separate yourself from other people in your home: As much as possible, you should stay in a different room from other people in your home and use a separate bathroom. You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with other people in your home.

Call ahead before visiting your doctor: Before your medical appointment, call the healthcare provider and tell them that you have, or are being evaluated for COVID-19 infection.

Wear a facemask: You should wear a facemask when you are in the same room as other people and when you visit a healthcare provider. If you cannot wear a facemask, the people who live with you should wear one while they are in the same room as you.

Cover your coughs and sneezes: Cover your mouth and nose with a tissue when you cough or sneeze, or cough or sneeze into your sleeve. Throw used tissues into a lined rubbish bin and immediately wash your hands with soap and water for at least 20 seconds.

Wash your hands: Wash your hands often and thoroughly with soap and water for 20 seconds or use alcohol-based hand sanitiser. Avoid touching your eyes, nose and mouth with unwashed hands.

Clean high-touch surfaces: Clean all 'high touch' surfaces such as benchtops, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables every day. Also, clean any surfaces that may have blood, body fluids and/or secretions on them.

Where can I find more information?

More information can be found at the Victorian Department of Health and Human Services website:

www.dhhs.vic.gov.au/coronavirus

www.barwonhealth.org.au/coronavirus

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