



IF YOU TEST COVID-19 POSITIVE

You will get a **phone call** from the Public Health Unit.

They will ask you questions about your health and give advice about what to do next.



All information shared by you is private and confidential.

What questions will I be asked?

You will be asked about:

- Your health and symptoms
- Who you have seen recently
If these people are “close contacts” they will also be contacted
- If you have travelled recently
- If you need any support while self-isolating – this may include housing, food, financial services, mental health services, family and children services and disability services.

NOTE: NSW Health phone calls show as private numbers. Please pick up private calls when waiting to hear back about test results.

COVID-19

For the latest information on COVID-19, visit the NSW Government website at

nsw.gov.au

HELP AND SUPPORT

Are you feeling worried and need help to cope during the COVID-19 outbreak?

Speak to a counsellor available 24/7:

Lifeline

13 11 14

<http://www.lifeline.org.au/get-help/online-services/crisis-chat>

Beyond Blue

1800 512 348

<http://coronavirus.beyondblue.org.au/>

Remember you can always contact your Aboriginal Medical Service, GP or Hospital if you need help or have any questions.

If you become sicker, you may need to go to Hospital

In a health emergency call 000 for an ambulance.

To speak to a nurse or doctor, call 1800 020 080 for free 24/7

JUST GOT TESTED FOR COVID-19?

INFORMATION FOR THE ABORIGINAL COMMUNITY

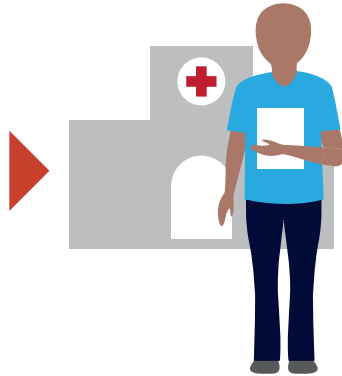


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> KEEP OUR MOB SAFE

WHAT TO DO AFTER GETTING TESTED FOR COVID-19

You will get a **home isolation kit** after your test to help protect you and those close to you. It will include a mask to help reduce the possible spread of COVID-19.



Step 1

Go straight home.

Step 2

Self-isolate until you get your test result back.

RECEIVING TEST RESULTS

Negative Test Result

You do not have COVID-19

You will receive your results via SMS or your clinic or Public Health Unit will contact you within 1-3 days.

Stay home until you are well. If you feel unwell again **get another test.**



Positive Test Result

You have COVID-19

A Public Health Unit Officer will call you as a priority.

See next page for details on home isolation.



NOTE: If you have been told you are a close contact of someone with COVID-19, you must stay in self-isolation for 14 days. As restrictions ease, it's important to remember, everyone should practice social distancing even after isolation.

HOME ISOLATION SAFETY CHECKLIST

• **Wash your hands often** or use hand sanitizer.



• **Wear a mask** when in a room with other people.

• If you can, **stay in one room.**



• **Do not share a room** with people who are at risk of more serious illness.

• **Clean places you touch** often.



• Use a **separate bathroom** if available, and have **separate towels.**



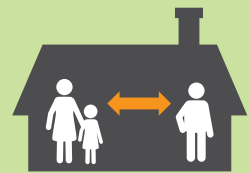
• **Avoid shared spaces**, like the kitchen or living areas.

• **Don't have visitors** to the home while you are in isolation.



• **Keep a safe distance** from other people.

• **Keep up a normal routine** as much as possible - exercise regularly at home.



• **Stay connected and look after yourself** - ask a friend or family member to be on call.

