

Protect against COVID-19 in 3 steps

If you are having difficulty breathing, call 000.

1. Prevent

Things you can do to prevent the spread of COVID-19.



Wear a fitted face mask when indoors.



Avoid large indoor gatherings. Where possible, gather outdoors.



Get your booster as soon as you are eligible.



Get tested if you have symptoms or have been exposed to COVID-19. Either a PCR test or a RAT.



Practise good hand hygiene.

2. Prepare

Prepare essential items at home in case you need to isolate.



Medication such as paracetamol.



Hydrating drinks (water, hydralyte).



Thermometer.



Non-perishable food.



Things to do at home.



Basic cleaning supplies.



Rapid Antigen Test (if available).



Someone who can safely deliver essential items.

3. Isolate

If you test positive for COVID-19, you must isolate at home for 7 days from the date the positive test was taken.



Isolate away from others at home unless there is an emergency.



Tell your employer that you have COVID-19. Notify your social contacts that you have COVID-19.



If you test positive on a RAT you must report it online.



Most people experience mild symptoms. If you feel unwell, call your GP or the Nurse On Call. In an emergency call 000.