

I am a COVID case

When you have tested positive for COVID-19:

1. You must immediately go home and isolate. Do not make any stops along the way.
2. Tell the people you live with that they should get tested and self-isolate immediately too.
3. Tell your work manager and people you have been in contact with in the two days before feeling sick or testing positive, that you have COVID-19. They need to get tested and self-isolate.
4. Call your doctor and tell them you have tested positive for COVID-19.

What do I need to do?

Isolate:

You must isolate at home for 7 days from the date of the test that showed a positive result, even if you are fully vaccinated. You cannot leave home unless you need urgent medical care or in an emergency like a fire or if there is family violence.

Ensure everyone in your household knows you have tested positive for COVID-19 and ask them to get tested. [Household contacts](#) will need to need to complete a negative rapid antigen test on at least five days, wear a mask indoors when outside the home and not enter sensitive settings. If they develop symptoms at any time during the 7 days they should get tested immediately. Contacts who are unable to comply with testing and mask requirements must quarantine for 7 days and return a negative test on Day 6.

You must isolate away from the rest of your household as best you can. This means sleep in a separate room and use a separate bathroom if you can. Avoid or limit any time in shared spaces. If you have to enter a shared space in your home, wear a mask and wipe down any surfaces you touch.

For more information on how to self-isolate, please see the [Department of Health](#) website.

Tell your workplace

If you have been at work recently, you must tell your [workplace contacts](#) that you have tested positive for COVID-19 and if you have symptoms, tell them what date your symptoms started. Your workplace will provide advice to others at work and contact the Department of Health or Western Public Health Unit when support is required.

Tell people you have seen since becoming infectious

Western Public Health Unit
Furlong Road, St. Albans, Victoria 3021

P | 1800 497 111 **Opening Hours**
E | wphu@wh.org.au 8am- 8pm,
W | wphu.org.au 7 days a week



If you have seen other people on your infectious days outside those who have had household contact and your workplace, you will need to contact them.

Let them know that you have seen them while infectious and that they are advised to use rapid antigen tests daily for 5 days following their last exposure to you.

Will I be contacted by the Department of Health?

You will receive a text message from the Department of Health if you have tested positive on a PCR test. The text will include a link to an online survey. It is very important to complete the online survey so that we can prioritise who needs the most urgent support.

If you have a positive rapid antigen test you should complete the [online self-notification form](#). The information collected in this form will help us to prioritise who needs the most urgent support.

All the information collected through these processes is kept strictly confidential.

If you start to feel sick or your symptoms get worse, call your local GP or in an emergency call 000. Do not wait for someone to call you.

How will I feel from COVID-19?

Common symptoms (the way you feel) of COVID-19 might include a runny nose, cough, fever or feeling very tired. Some people will develop worse symptoms. For more information on symptoms and how to manage them, read the factsheet [I've tested Positive. What can I expect?](#)

What if I need food or financial support (money)?

Being in isolation can be difficult but there is a lot of help and assistance available to you. Ask your friends and family to drop off groceries, medicines or supplies or order online. Ask to have these items left at the door and only open the door once they have left.

If you need emergency relief packages, visit the [Department of Health](#) website or read this factsheet ['Access to food relief, essential items and practical support?'](#)

When can I stop isolating?

For information on this, please see the factsheet [when can I leave isolation after testing positive for COVID-19?](#)

