COVID-19 INFORMATION

Staying well this winter

With lots of COVID-19 circulating in the community, it is more important than ever that we all know how to prevent and prepare for COVID-19 infection.

Wear a mask

- Wear a mask when indoors with other people, or whenever you cannot socially distance.
- Make sure your mask covers your nose and mouth.
- A surgical mask, or a P2/N95 mask is preferred.

Get vaccinated

- Vaccination is your best protection against severe disease from COVID-19.
- People aged 16-29 should have 3 doses of the COVID-19 vaccine.
- People aged 30-49 are eligible for 4 doses of the COVID-19 vaccine.
- People aged over 50 are encouraged to have 4 doses of the COVID-19 vaccine.

Not sure where to get tested?

COVID-19 testing sites provide free PCR or rapid antigen tests for people with symptoms. For information about testing sites, and to report your RAT online, scan the QR code or call: 1800 675 398.

Get tested

- Early testing is important to stop the spread and access treatment.
- Rapid antigen tests are the primary testing tool for most Victorians.
- Plan where you can get either a PCR or rapid antigen test if you develop symptoms.
- If you test positive you must report your rapid antigen test and isolate for 7 days.

Get early treatment

- Treatment for COVID-19 is available for:
1. people aged 70 and over
2. people aged 50 and over with certain health conditions.
3. Aboriginal and Torres Strait Islander People aged 30 years and older.
4. People aged 18 years and over with severe immunocompromise.
- Treatment should be started as soon as possible after you test positive for COVID-19.
- Do not wait until you are severely unwell.
- Treatment can be provided through a GP, call them as soon as you test positive.
- You can also talk to your GP before you are unwell to plan how you will access treatment while you are isolating.

Don't have a regular GP?

There are several GP respiratory clinics across the west who provide free assessment and treatment for people with respiratory symptoms. Scan the QR code to find a clinic near you.

WESTERN
Public Health Unit

Western Health

Call 1800 497 111

wphu.org.au

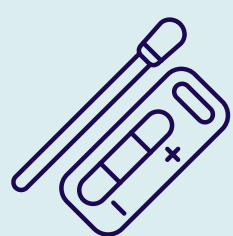# How to do a nasal Rapid Antigen Test

Here are some basic steps to follow

There are many types of nasal Rapid Antigen Tests (RAT). Please always check the specific instructions on the RAT kit.

Wash your hands.

Open packaging.

Swab both nostrils.

Put swab in solution tube.
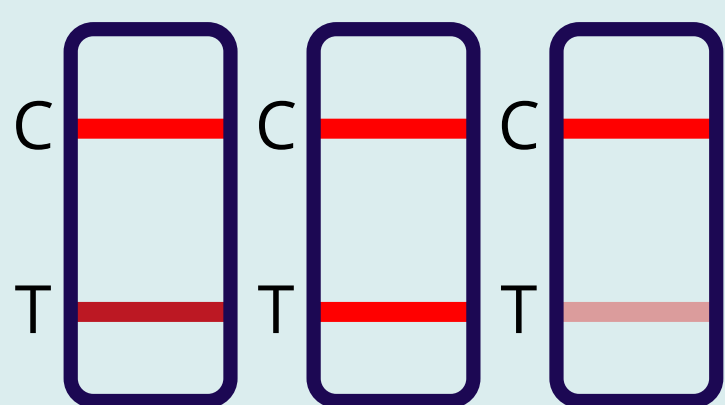Swirl 10 seconds.
Remove swab.

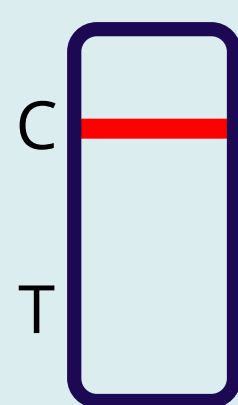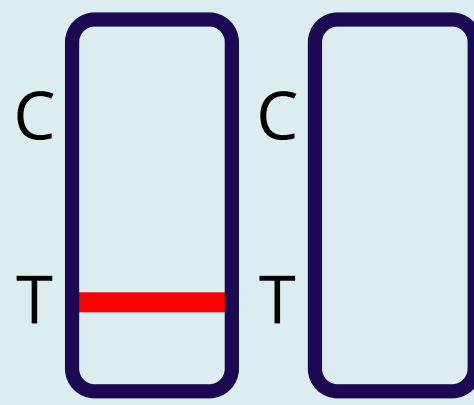Put cap on tube.

Put drops on test.

Wait 15 to 20 minutes.

Check your result.

Positive
for COVID-19

Negative
for COVID-19

Invalid*

*if your result is invalid, do another test. If that test is also invalid, go to a testing site for a PCR test.

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Report your result if positive.

Report your RAT online, by scanning the QR code or call: 1800 675 398.

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