



# Preparing for and managing COVID-19 at home

This booklet contains important information on:

- preparing to isolate
- managing COVID-19 at home
- understanding your rapid antigen test result.

## Preparing to isolate

Have a COVID home care kit with:



Drinks and non-perishable foods



Simple pain/fever relief (such as paracetamol/ibuprofen)



Thermometer (if available)



Rapid antigen test



Nurse-On-Call number (1300 60 60 24) and the phone number of your doctor if you have one



Activities/toys to occupy children.

## Managing COVID-19 at home

When you are isolating remember to:



Open windows for ventilation



Wash your hands and sanitise surfaces



Wear a mask when with other members of your household



Stay in your room away from others as much as possible

**If you need support or access to food and other relief – call the Coronavirus hotline on 1800 675 398. Press (0) for an interpreter.**

# Have symptoms or tested positive?

Know when to get help.

## Mild



## Worsening



## Severe



### General feeling

Feeling a little unwell but okay. Able to walk around the house and do normal activities

Feeling very unwell and tired, struggling to take care of yourself

Having difficulty breathing, cannot take care of yourself

### Symptoms

- Runny or blocked nose
- Sore throat
- Aches and pains
- Coughing
- Tired
- Headache
- Loss of taste and smell
- Not hungry or feeling sick
- Feeling sad, worried or scared

- Some shortness of breath
- Coughing up mucous
- Really sore muscles and pains
- Very weak and tired
- Not peeing very often
- Vomiting or diarrhoea
- High temperature (over 38 degrees Celsius)
- Shaking or shivering

- Any difficulty breathing
- Chest pain
- Coughing up blood
- Lips or face turning blue
- Feeling dizzy
- Fainting or feeling like fainting
- Unable to look after yourself
- Confused
- Can't keep your eyes open

### What to do

- Rest
- Drink lots of water
- Eat healthy meals
- Keep taking any usual medicines

- Call your doctor or Nurse On-Call (1300 606 024) as soon as possible. They will advise you what to do next

- Call Triple Zero (000) and tell them you have COVID-19

## Using a rapid antigen test

If you have symptoms, take a rapid antigen test.

There are two types of rapid antigen test available:



Nasal – swabbing each nostril



Saliva – spitting into a tube or sucking on a swab

Most kits will have detailed instructions on how you can do your test.

All kits have a QR code which links to a video demonstration.

**If your result is positive, you must report it to the Department of Health at [www.coronavirus.vic.gov.au/report](http://www.coronavirus.vic.gov.au/report) or on 1800 675 398. Press (0) for an interpreter when you call.**

## Understanding your rapid antigen test result

How your result will appear	What it means	What to do next
<p><b>Negative</b></p>	<p>It is <b>unlikely</b> you have COVID-19</p>	<p>Monitor for symptoms.</p> <p>Note: If you are a household contact you must isolate for 7 days even if you receive a negative result.</p>
<p><b>Positive</b></p>	<p>It is very <b>likely</b> that you have COVID-19.</p> <p>The result is positive even if the second line is very faint.</p>	<p><b>Isolate</b> for 7 days and follow the advice at <a href="http://www.coronavirus.vic.gov.au/checklist-cases">www.coronavirus.vic.gov.au/checklist-cases</a>.</p> <p><b>Report</b> your result to the Department of Health at <a href="http://www.coronavirus.vic.gov.au/report">www.coronavirus.vic.gov.au/report</a> or on <b>1800 675 398</b>. Press 0 (zero) if you need an interpreter when you call.</p> <p><b>Tell</b> people you have seen recently that you have tested positive and they should get tested too.</p> <p><b>Support</b> is available – see <a href="http://www.coronavirus.vic.gov.au/support">www.coronavirus.vic.gov.au/support</a> for information on how to access it.</p>
<p><b>Invalid</b></p>	<p>The test has <b>not worked</b>.</p>	<p>Take another test.</p> <p>If the second test is invalid, you should get a test at a testing site.</p>

**For more information visit [coronavirus.vic.gov.au](https://www.coronavirus.vic.gov.au)  
or call 1800 675 398.**

**To receive this information in another format  
or language, email Rapid Response Engagement  
<[rapidresponseengagement@health.vic.gov.au](mailto:rapidresponseengagement@health.vic.gov.au)>  
or visit Translated information about COVID-19  
<[https://www.coronavirus.vic.gov.au/translated-  
information-about-coronavirus-covid-19](https://www.coronavirus.vic.gov.au/translated-information-about-coronavirus-covid-19)>  
for information in other languages.**