

Preparing for and managing COVID-19 at home

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

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



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



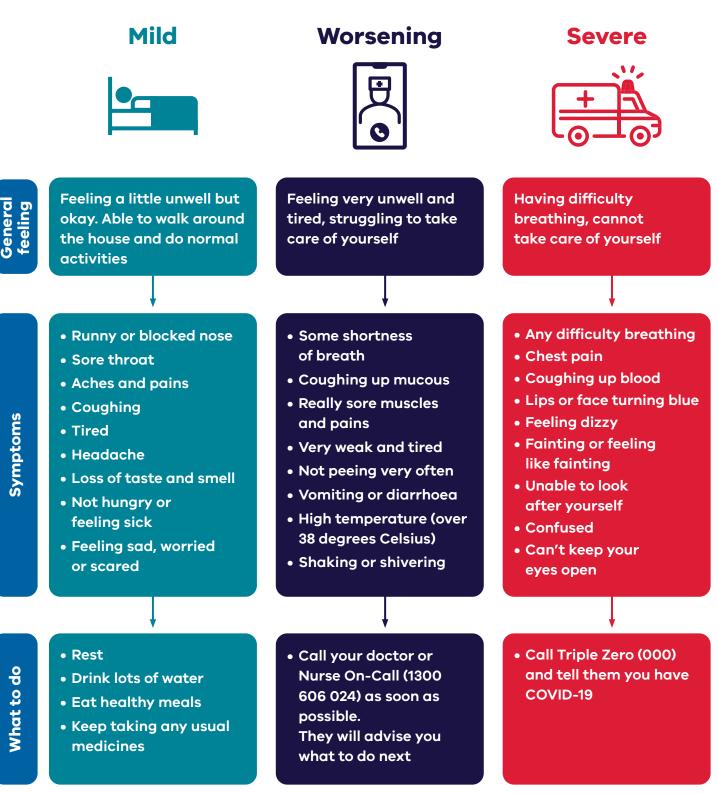
Stay in your room away from others as much as possible

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?

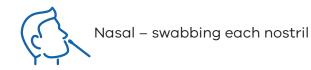
Know when to get help.

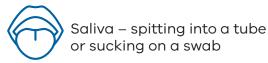


Using a rapid antigen test

If you have symptoms, take a rapid antigen test.

There are two types of rapid antigen test available:





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

For more information visit 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> or visit Translated information about COVID-19 <https://www.coronavirus.vic.gov.au/translatedinformation-about-coronavirus-covid-19> for information in other languages.

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne. © State of Victoria, Australia, Department of Health, 12 Jan 2022. Printed by Hornet Press in Knoxfield (2201167). Available at www.coronavirus.vic.gov.au.