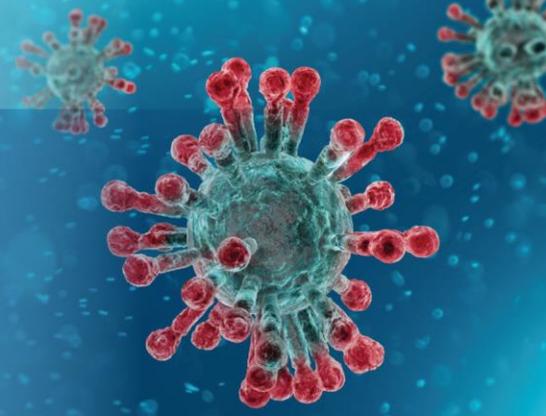


# Novel Coronavirus

2 March 2020



## I'm being tested. What do I need to know?

### When and where do I need to go to get the test done?

Testing for novel coronavirus (COVID-19) is only available at a few places in Tasmania. Your doctor will tell you where you need to go. You'll need to book an appointment to have the test done. Your doctor will give you a number to call. It is important that you keep that appointment. If you run late, phone the testing service to let them know.

### How do I get there?

It's important to protect others. If you don't have private transport, tell your GP or phone the Public Health Hotline (1800 671 738) for advice and help. **Do not catch a bus or use a taxi or Uber.**

If you travel by private car / vehicle:

- minimise the number of people in the car with you
- wear a facemask to protect anyone else in your car (facemasks work best when worn by people who are sick, not people who are healthy)
- wash your hands often and thoroughly, with soap and water (or alcohol-based hand rub), and tell people traveling with you to wash their hands often
- drive straight to the place you need to have the test done; don't pop into the shop, petrol station, chemist or even your best friend's house on the way there or the way back.

### What will the test involve and how will I get the results?

To test for the virus, a healthcare worker will take swabs from your nose and throat. To protect themselves when they are in close contact with you, the nurse or doctor will wear a facemask and safety goggles. The swabs will be sent to the Royal Hobart Hospital for testing.

Your doctor will contact you when your results are ready. This will usually take 1–2 days. If you have a positive result, Public Health Services will also contact you.

### What do I need to do while I'm waiting for my results?

You need to stay at home in home isolation. Do not go to work or school.

Ask a friend or family to help with essential tasks outside your home, including getting food and other essential supplies for you, and to leave supplies on your doorstep rather than come into the house. If you need help with this, call the Public Health Hotline on 1800 671 738.

## What else do I need to do while I'm waiting for my results?

1. **Cover coughs and sneezes.** If you don't have a tissue, use the inside of your elbow. Put used tissues in the rubbish straight after use (don't keep germs in your pocket!) and wash your hands.



2. **Wash and dry your hands often,** with soap and water, or alcohol-based hand rub. Viruses can survive for short periods of time on surfaces and can spread through hand contact.



3. **Keep your distance or wear a mask.** While you're sick and in home isolation its best to assume you have been infected with the novel coronavirus.

If you share your home with others, consider if they can stay elsewhere, especially elderly people and people with serious underlying health conditions like cancer and lung or heart disease. Otherwise, stay away from shared spaces, like the kitchen. Sleep in a separate bed and use a separate bathroom if you can. Keep personal items like towels, face washers and toothbrushes separate. Do not share food or drinks. Wear a facemask if there are people around you at home.



Do not have visitors when you are in home isolation, even if they are in home isolation as well. Let your family, friends and neighbours know you are in home isolation, and tell them not to visit. Consider putting a note on your door to let people know.

If you live in a private home, you can go outside to your garden. If you live in an apartment, you can go onto your balcony; you can go to the shared garden if you wear a facemask to protect others and move quickly through common areas.

4. **Know when and how to seek further help.** Call your doctor if you are concerned about your health. If you have trouble breathing or become very sick, call 000 for an ambulance straight away. Tell them you've been told you may have coronavirus.



## What happens when I get the results?

**If you have a negative result,** you can leave home isolation **unless** you've been told to stay in home isolation for 14 days (because of recent travel or potential contact with someone who has COVID-19), and those 14 days have not finished.

**If you have a positive result,** you probably have novel coronavirus (COVID-19). You will need to stay in home isolation, unless you need medical care. Public Health Services will contact you with more information, including how to look after yourself and protect others.

## Where can I get more information?

The [Australian Government has more detailed information on their website](https://www.health.gov.au/resources/publications/coronavirus-covid-19-information-about-home-isolation-when-unwell-suspected-or-confirmed-cases)<sup>1</sup>

[www.health.gov.au/resources/publications/coronavirus-covid-19-information-about-home-isolation-when-unwell-suspected-or-confirmed-cases](https://www.health.gov.au/resources/publications/coronavirus-covid-19-information-about-home-isolation-when-unwell-suspected-or-confirmed-cases)

You can also call the following numbers if you need help or more information:

- the Tasmanian Public Health Hotline, 1800 671 738
- the National coronavirus health information line 1800 020 080.

<sup>1</sup> [www.health.gov.au/resources/publications/coronavirus-covid-19-information-about-home-isolation-when-unwell-suspected-or-confirmed-cases](https://www.health.gov.au/resources/publications/coronavirus-covid-19-information-about-home-isolation-when-unwell-suspected-or-confirmed-cases)