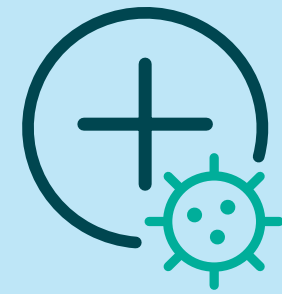
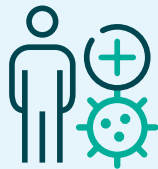


What to do if you are a positive case



Look after your health

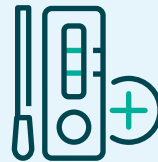


If you test positive for COVID-19 it is important you look after yourself and get help if needed.



Help is available from your regular doctor or the COVID@homeplus program. If your symptoms get much worse or you feel like it is an emergency call 000 or go to hospital.

Let people know



Register your positive RAT at coronavirus.tas.gov.au/positive-result.



Tell your close contacts to monitor for symptoms and test immediately if symptoms develop. Follow close contact advice - simple steps to protect others coronavirus.tas.gov.au/closecontacts.



Tell your workplace and/or education facility. They may have policies in place for your return to work.

Reduce the risk



To reduce the risk to others it is recommended that you:

- **Stay home** until your acute symptoms have gone or are better.
- **Don't visit people at high risk of severe illness**, anyone in hospital, or an aged or disability care facility for at least 7 days.
- **Avoid large gatherings** and indoor crowded places for at least 7 days.
- **If you must leave the house, wear a mask** when indoors and on public transport.

