

Managing at home with COVID-19

This information sheet is for people who have COVID-19. It explains how to look after yourself at home and how to get help if you need it.

What do I need to do?

- If you have a positive rapid antigen test, you need to upload the result to the Service NSW website and answer the questionnaire.
- If you have concerns about your risk or concerns about your symptoms, call **NSW Health COVID-19 Care at Home Support Line on 1800 960 933 or your GP.**
- You need to isolate until at least 7 days have passed after your test and your symptoms have gone away.

What symptoms should I expect?

You might have:

- a runny or blocked nose
- sore throat
- cough
- nausea
- diarrhoea
- fever
- change in taste or smell.

Keeping a daily record of symptoms might help you work out if you are getting better or worse.

If you are feeling worse, call:

- NSW Health COVID-19 Care at Home support line on **1800 960 933**
- National Coronavirus helpline **1800 020 080**
- your GP.

How can I help myself?

- Take paracetamol or ibuprofen for pain or fever.
- Use throat lozenges for a sore throat.
- Keep your fluids up with lots of sips of water or an oral rehydration drink, such as Hydralyte or Gastrolyte.
- If you have asthma, use your preventer puffer.

If you have any of these symptoms:

- shortness of breath at rest or trouble breathing
- severe chest pain
- feeling very dizzy or faint or unable to walk

Call 000 and tell the operator you have COVID-19.

Find a support person if you live alone

Tell a family member or friend you have COVID-19. Ask them to call you at agreed times each day so that they know you are OK. If you don't answer, they should call 000.

If you cannot get food and essentials, call the **NSW Health COVID Support Line on 1800 943 553**.

How do I self-isolate?

- You must stay where you are living and not leave for 7 days after your test.
- Do not go to work, school, childcare or public areas.
- Do not use public transport or ride share.
- Do not have visitors.

The only reasons you can leave your home are for **urgent medical care** or in an **emergency**, such as avoiding injury from domestic violence. You must wear a face mask, stay 1.5 metres away from other people, and travel directly to and from the location.

What about the people who live with me?

- Your household contacts need to isolate for 7 days as well.
- They should have a test (PCR or RAT) as soon as possible and again on day 6. If both tests are negative, they can leave isolation after 7 days.
- They should have another RAT if they develop symptoms during isolation.

When can I leave isolation?

- You can leave isolation after 7 days if you do not have symptoms in the last 24 hours.
- If you still have symptoms after 7 days, contact your GP for a review and further advice.

Ask yourself these questions three times everyday day (morning, afternoon and night):

Question	Try...	Action if not improving
Can I eat and drink normally?	Frequent sips of water, Hydralyte or Gastrolyte	Call 1800 960 933 or your GP
Am I passing a lot less urine than normal?	More frequent, sips of water, Hydralyte or Gastrolyte	Call 1800 960 933 or your GP
Do I feel a little dizzy or light headed when walking around the room?	Drink more fluids	Call 1800 960 933 or your GP
Am I having trouble breathing when walking around the room?	Take action	Call 000 and tell them you have COVID-19
Can I stand up without feeling like I might faint?	Take action	Call 000 and tell them you have COVID-19