

What to do if you test positive for COVID-19



What type of test do I need?

A PCR test is a COVID-19 test that you take at a Queensland Health testing clinic.

A Rapid Antigen Test, or 'RAT', is a COVID-19 test you do yourself at home. You can buy a test kit from supermarkets, pharmacies, and online stores.

There are different types of RATs. Kits either use a swab to test your mouth or your nose or use your saliva. You can only use each test ONCE. There are instructions on how to do a test in your language available [here](#).

You can do either a RAT at home or go to a clinic for PCR test.

What happens if I test positive?

If you went to a clinic for a PCR test, you will receive a text message on your mobile phone with your test results and information about what to do because you have COVID-19.

If you tested positive on a RAT, you do not have to get a PCR test also. It is important to report your positive RAT result to Queensland Health. This is so that we know how many people have COVID-19 and so you can receive information about what to do when you have COVID-19. You can report your positive result for yourself and for other people in your family using this [online form](#). Call 134 COVID (13 42 68) and ask for an interpreter if you need help to register your result.

If you test positive, you have COVID-19 and must stay at home for at least 7 days. You must tell your close contacts (people you have spent 4 hours or more with inside a home) that you have COVID-19. They must also quarantine for 7 days.

You should also tell anyone else you have been in contact with to get tested if they develop symptoms.

Isolating

If you have COVID-19 you must isolate at home for at least 7 days until you recover. This will help stop the spread to other people. You cannot leave your home or accommodation when you are isolating, unless in emergency situations, like going to the hospital for urgent medical care, to escape harm, or if there is a disaster event.

You can leave home after 7 full days since your positive test unless you are still sick with a runny nose, sore throat, or fever. If you still have these symptoms, you must isolate until they have gone away. If your symptoms are a dry cough, fatigue, or loss of smell and taste, this is okay. You can leave home with these symptoms.

When you finish isolating, it's important to wear a mask and avoid contact with vulnerable people for the next 7 days. You cannot visit aged care or disability care homes.

If someone in your family tests positive after you leave isolation, you do not need to get a test or isolate again, for four weeks after you recovered.



If you feel ok and are recovering at home:

Most people with COVID-19 who are fully vaccinated will only get mild symptoms that last 1-2 weeks. You might not feel very sick, or you might get a sore throat, fever, cough, aches and pains and headache.

If you are worried, ask a friend, or family member or community member to call you once a day to check on you.

Ask someone who is not sick to help you get food, self-testing kits or medicine. They must leave it at your door and not come into your house.

If you don't have anyone to help you get food or medicine, call the Community Recovery Hotline on **1800 173 349**. Ask for an interpreter if you need one.

Look after yourself when you have COVID-19:

You should call the National Coronavirus Helpline on 1800 020 080 (Press 8 for an interpreter) or your doctor (GP) for medical advice if you are:

- are over 65 years
- are pregnant
- have a disability
- have existing health issues, such as heart disease, diabetes or cancer.

For anyone with COVID-19, to take care of yourself at home, you should:

- get lots of rest and sleep
- drink lots of water
- check your temperature

- take medication (paracetamol and ibuprofen) to help with high temperature or aches and pains
- keep taking your regular medicines
- stay in touch with your family and friends over the phone or through social media.

It is a good idea if you are sick with COVID-19 to write down your symptoms. You can use this [diary to record how you feel](#). It can help you explain to a doctor how sick you are.

Where to get help

If you need help managing your symptoms at home, or would like advice about medical care for COVID-19, call the National Coronavirus Helpline on **1800 020 080**. Press 8 for an interpreter. You may need to wait a few minutes to be connected. Please be patient, you will be looked after.

If you want to speak to a nurse, call 13 HEALTH **13 43 25 84** and press 3 for health advice about COVID-19.

For help registering a positive RAT test, booking a vaccine, testing, or information about COVID-19 restrictions call 134 COVID **13 42 68**.

If you need help to get food, medicine and other supplies, you can contact the Community Recovery Hotline on **1800 173 349**.

If you are worried, or finding it hard to cope, you can call Multicultural Connect on **1300 079 020** and speak to someone in your own language.

In an emergency, always call an ambulance on **000**.



It is free to ask for an interpreter when calling these services.

