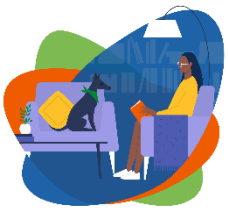# Managing COVID-19

## Important information

## What to do if you test positive

### Isolate at home for at least 7 days

Tell the people you live with that you have COVID-19. They will need to quarantine for 7 days. They will need to get tested (RAT or PCR test) if they have symptoms. You should also tell other people you may have been in contact with too, for example from your work or school.

### Get help and medical care for your symptoms

- Call your GP and ask for a phone or video call appointment. If you don't have a GP, you can contact a GP respiratory clinic.
- Call the **National Coronavirus Helpline on 1800 020 080** for advice about medical care. Press 8 for an interpreter.
- Call **13 HEALTH 13 43 25 84** and press 3 for health advice about COVID-19.
- Call **Multicultural Connect on 1300 079 020** and speak to someone in your own language.

You can ask for a free interpreter when calling any of these services.

### Call an ambulance on Triple Zero (000) straight away, if you:

- **cannot breathe properly**
- **have strong pain in your chest**
- **cough up blood**
- **feel like you might collapse or faint (very dizzy).**

### How to manage COVID-19 at home:

- get rest and don't work
- drink water regularly
- check your symptoms, and get help if they get worse
- talk on the phone with your family and friends
- take medication, like Paracetamol, to help with your symptoms.

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If you need food or medicine or a self-testing COVID kit (RAT), ask a friend or family member to get it for you. You should not leave the house or see your family or friends.

Call the **Community Recovery Hotline on 1800 173 349** and ask for an interpreter, if you cannot get food or medicine.

## New treatments for COVID-19

New treatments are available for people who are sick with COVID-19. They are oral treatments—pills or capsules taken by mouth. They can be given to people 18 years or older who are at higher risk of getting very sick. It's important to seek medical help when you get sick so your doctor can tell you if you need these treatments. For the treatment to be most effective, you need to take it in the first five days of having COVID-19 symptoms.

These treatments do not replace the COVID-19 vaccine. The vaccine is still the best way to protect yourself from the virus.

Translated information about oral treatments is available here.

## When you can leave isolation

**You can leave isolation (your house) 7 days after your positive test (day 0), if your symptoms have improved. It's ok to leave isolation if you have a mild, dry cough.**

It's important to wear a mask when you go out and you should not see people who are old, have health problems or people with disability for the next 7 days to stop them getting sick.

For the next 12 weeks, if you get COVID-19 symptoms, like a fever or cough you do not need to get tested or isolate. You are also not considered a close contact if someone you live with gets COVID—you can leave the house because you have already had COVID.

**When you can leave quarantine as a *close contact***

Close contacts can leave home after 7 days if they test negative on day 6 and don't have any symptoms.

Go to the Queensland Health website to find COVID-19 information in your language.

## Getting vaccinated

Getting a COVID-19 vaccine is the best way to protect yourself from getting very sick with COVID-19.

Anyone aged 5 years and over can get vaccinated. It's important to get children vaccinated to protect them from the virus. They can also spread the virus to other household or family members, like grandparents, so getting children vaccinated will help protect others too.

### Boosters

If you are 16 years and over and it has been 3 months since your second dose, you should get your booster dose.

Some people at greater risk, such as people over 65 years and people living in aged care and disability care, can now get a 2nd booster dose of the vaccine.

You can get vaccinated at your GP, GP respiratory clinics, pharmacies and Queensland Health vaccination locations (walk-ins available).

To find a vaccination location, visit the Queensland Health website or find a GP or pharmacy using the COVID-19 Vaccine Clinic Finder.

## Influenza (flu) vaccine

The COVID-19 vaccine does not protect you against the flu, so it is important to also get the flu vaccine this year. It's best to get the flu vaccine from April onwards to be protected for the peak flu season in winter. You can find out more about the flu vaccine, and resources in your language, here.

## Changes to restrictions and travel

From 14 April, you no longer need to check-in and show your vaccination certificate or be fully vaccinated to visit pubs, clubs, cafes and restaurants; theme parks, casinos and cinemas; wedding venues; showgrounds; and galleries, libraries, museums and sport stadiums.

You still need to check-in and be fully vaccinated to work in, or visit hospitals, disability accommodation or aged care; schools, childcare, prisons or airports.

From 18 April, people visiting from overseas will no longer need a negative test before they can board their flight to Australia.