COVID-19 Infection-Patient Information (VIC)

The following information is intended for patients of our practice who have recently tested positive for COVID-19 (SARS-CoV-2 virus)

If you have tested positive for COVID-19, you must immediately:
- Self-isolate in your home or accommodation.
- Inform any close contacts so they can get tested and isolate for 7 days.
- If you have tested positive via a RAT test, register your positive test online (https://www.coronavirus.vic.gov.au/report) or by phoning the VIC COVID information line on 1800 675 398.

After you have registered your test, you will be sent an SMS from Victorian DoH to better understand your healthcare needs. Depending on your responses, you may receive a further SMS from your local health service to further assess you. You will be allocated to self-care or a low, medium or high-risk care pathway and informed of your next steps. If you are in the medium or high-risk pathway, you should expect a telephone call from your local health authority.

However, if you are **over 65 years old, pregnant, immunosuppressed or have other serious medical conditions,** you may be at higher risk of more serious disease. This will be assessed through the process outlined above, but if you are not contacted by your local health authority, you should book a telephone or video consultation with your GP via online booking if possible. If booking by phone, let the receptionist know that you are COVID positive so your appointment can be prioritised.

For most people, COVID-19 is a mild viral illness that can be safely managed at home. The common symptoms include fever (high temperature), cough, mild shortness of breath, loss of taste and smell, fatigue, headache, muscle aches, runny nose, abdominal pain, loss of appetite, diarrhoea. These can be improved with paracetamol and Ibuprofen, and it is also important to keep hydrated.

For comprehensive local advice on COVID-19, self-care, monitoring symptoms and when to access help:
https://www.coronavirus.vic.gov.au/managing-covid-19-home

If you start to feel very unwell, such as severe headaches or dizziness, difficulty breathing, chest pain or any other medical emergency, you should immediately call triple zero (000) for an ambulance (tell them you have COVID-19 and are isolating at home). As a COVID-19 patient in community quarantine, you will not be charged for an ambulance if you need one.

You can leave isolation 7 days after your positive test is taken if you have no ongoing symptoms. There is no requirement for a further COVID test after having a positive result. If you have remaining symptoms at day 10, please contact your GP.

Useful phone numbers
- Health Direct 1800 022 222 – for any advice regarding your condition
- COVID-19 Information line on 1800 253 787 (8am-8pm, every day)
- COVID-19 Mental Health Support line on 1800 632 753 (8am-8pm, every day)

Useful website links to further information
- *Managing COVID-19 at home:*
  - https://www.coronavirus.vic.gov.au/managing-covid-19-home
  - https://www.coronavirus.vic.gov.au/checklist-cases
- *Children with COVID-19:* https://www.coronavirus.vic.gov.au/covid-positive-pathways
- *Pregnant women with COVID-19:* https://www.coronavirus.vic.gov.au/covid-positive-pathways
- *Information regarding close contacts:* https://www.coronavirus.vic.gov.au/checklist-contacts