

# What should be in my COVID home-care kit?

## Make sure your family is COVID-ready.

Most people will be able to manage COVID at home. Have a home-care kit ready to manage symptoms to help your household through isolation.



## SYMPTOM RELIEF

- Paracetamol
- Ibuprofen
- Cough lozenges



## PHONE NUMBERS

- Your GP
- Your emergency contacts
- NSW Health COVID-19 Care at Home Support Line on 1800 960 933



## ESSENTIALS

- Your usual medications – have a 2-week supply
- Rapid antigen tests (if available)
- Toys, games and activities to keep everyone occupied

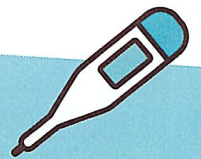
## FOOD AND DRINK

- Rehydration drinks – electrolyte drinks, sports drinks
- Ice blocks
- Non-perishable and plain foods
- Plan for how to get groceries – online orders, friends & family



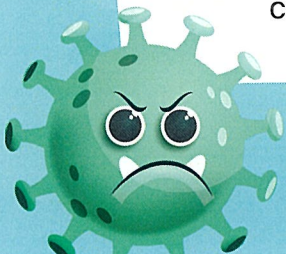
## THERMOMETER

- Monitor your temperature
- Over 38°C – paracetamol can help
- Over 39.5°C – seek medical help if temperature does not respond to paracetamol



## Know the isolation rules

People who test positive to COVID-19 on a rapid antigen test or PCR test and their household contacts must self-isolate. Find out more.



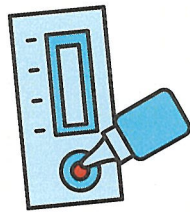


# How can I help to slow the spread of COVID?

Here are simple steps we can all take to help slow the spread of COVID-19.

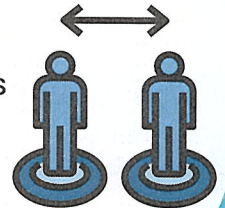
## Sick? Stay home, test for COVID

- Don't go anywhere if you are sick.
- Test immediately and isolate until you receive a negative result.



## Keep away from others

- Stay 1.5 metres away from other people.
- Avoid crowds.
- Hold social gatherings outdoors.



## Wear a mask and check in



- Wear a mask indoors, on public transport and where you can't social distance from others.
- Check into venues using QR codes where required.

## Get vaccinated

- Everyone 5 years and over can now receive a COVID-19 vaccine.
- Getting vaccinated protects you, your family, elders and community from getting really sick with COVID-19.



## Wash your hands

- Clean your hands regularly with hand sanitiser or soap and running water for 20 seconds.



## Find out more:

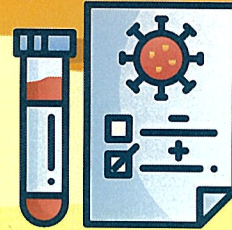
For more information and advice on how to stay COVID Safe visit:  
[www.health.nsw.gov.au](http://www.health.nsw.gov.au)



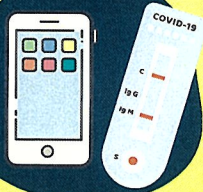


# What do I need to do if I test positive to COVID?

Follow these steps to manage COVID-19 safely at home.



Step 1



## Report your rapid antigen test (RAT)

- You must register a positive test on the Service NSW app or website.
- This links you to important health care support and advice based on your COVID-19 risk.

Step 2



## Isolate immediately

- For at least 7 days.
- Your household must also self-isolate for 7 days, take a RAT as soon as possible and again on day 6.

Step 3



## Let contacts know

- Tell people who you spent time with 2 days before you started having symptoms or you tested positive (whichever came first) that you have COVID-19.
- This includes your social contacts, workplace and/or school.

## Monitor your symptoms

- If you are concerned you should call your GP, the NSW Health COVID-19 Care at Home Support Line on 1800 960 933 or the National Coronavirus Helpline on 1800 020 080.
- Call 000 for an ambulance if symptoms become severe.

Step 4



Step 5



## Release from isolation

- You can leave self-isolation after 7 days if you do not have symptoms. Call your GP if symptoms persist beyond 7 days.
- Do not visit people in hospital, nursing homes or prison for a further 7 days.

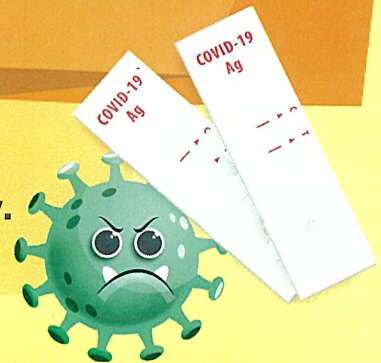
For more information about managing COVID at home or if you are at risk, please visit:  
[www.health.nsw.gov.au](http://www.health.nsw.gov.au)



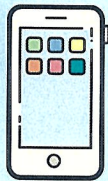


# Tested positive for COVID on a rapid antigen test (RAT)?

Register your positive result immediately with Service NSW. Follow the steps below.



Step  
**1**



## Visit the Service NSW app

- Click on the *COVID-19 Resources* tab.
- Scroll down and click on *register a positive test result*.
- Log in to your account or continue as guest.
- You can also visit the Service NSW website.

Step  
**2**



## Select who you are registering

- Result for yourself, another adult or a child.

Step  
**3**



## Enter date

- Enter the date that you took the test and got a positive result.

Step  
**4**



## Answer questions

- Enter details of the person who tested positive.
- Enter your phone number or email.
- Answer the questions about the person who tested positive.

Step  
**5**



## To submit

- Complete the declaration.
- Submit your details.

## Need help?

If you have any issues or need help completing the form, call Service NSW on 13 77 88.

You cannot register your positive result at a Service NSW Centre.

Find out more: [bit.ly/RegisterRAT](https://bit.ly/RegisterRAT)



Continue to self-isolate for 7 days from the day you received your positive result and follow the advice from NSW Health.



Health  
Illawarra Shoalhaven  
Local Health District



# What do I need to do if I'm a household contact?

## IF YOU LIVE WITH SOMEONE WHO IS COVID POSITIVE:

Step  
1



### Self-isolate immediately

- You must self-isolate for 7 days from the last time you were in contact with the COVID-positive person. This means staying away from the positive person in your household at all times.

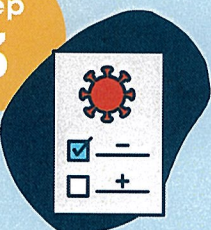
Step  
2



### Take a rapid antigen test (RAT)

- Take a rapid antigen test (RAT) as soon as possible and again on day 6 of isolation.
- Take an additional RAT if you develop symptoms.

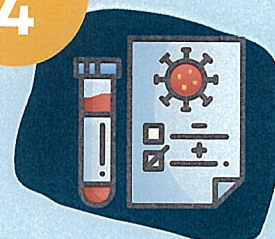
Step  
3



### After 7 days

- If all tests are negative, you can leave isolation after 7 days.

Step  
4



### If you test positive

- You need to isolate for 7 days from the day of your positive test result.
- Follow the *Testing positive to COVID-19 and managing COVID-19 safely at home* advice on the NSW Health website.

Step  
5



### Avoid high-risk settings

- Do not visit people in hospital, a nursing home or prison for the following 7 days after leaving isolation.

### Find out more:

For more information about what to do if exposed to COVID-19, please visit [www.health.nsw.gov.au](http://www.health.nsw.gov.au)

