



# What to do when you test positive for COVID-19

## Summary – what people with COVID-19 are required to do:

- Isolate for 7 complete days from the date you took your test (**not** the date you received the test result)
- If you took a rapid antigen test (RAT), report any positive result on the [HealthyWA website](#)
- Complete the contact tracing online survey, which will be sent to you by SMS
- Tell your [close contacts](#) that you have tested positive for COVID-19
- Tell your workplace or education facility you have COVID-19
- If you do not have respiratory symptoms at the end of 7 complete days, you can leave isolation (you do not need to be cleared by WA Health)
- If you are in hotel quarantine, you must remain in hotel quarantine, as per your travel direction. The Hotel Quarantine Team will organise your departure at the end of your quarantine period. This occurs between 9 am and 4 pm, 7 days a week

## 1. Immediately isolate for 7 complete days

- You must immediately isolate at home, or other suitable accommodation, away from other people in your household.
- The 7-day isolation period means 7 complete days after the day you became a case. This means 7 x 24 hours. For example, if you became a case at 11.45pm on 4 May 2022, your isolation period will not finish until 11.45 pm on 11 May 2022.
- If you do not have symptoms at the end of 7 complete days, you can leave isolation. You do not need to be cleared by WA Health and you are not required to show a negative result at the end of isolation to return to work or school.
- If you have respiratory symptoms at the end of 7 days, you must continue to isolate until your respiratory symptoms resolve. If you require further advice, call 13 COVID (13 26 843), or book a telehealth appointment with your GP.

### How to isolate

When you isolate, you must stay at your home or other accommodation. This is a legal requirement. More information about how to isolate is available at [HealthyWA – Quarantine and isolation](#). If you are unable to safely isolate at home, and cannot find alternative accommodation, call 13 COVID (13 26 843) for help finding alternative options.

## 2. Report your positive result

If you tested positive by using a rapid antigen test (RAT), you must report your result by completing the online form at [HealthyWA](#). You do not need to report your result if you tested positive by PCR test.

## 3. Complete the contact tracing online survey

When you test positive for COVID-19 by PCR or RAT (provided you register your RAT [online](#)), WA Health will send you an SMS with a link to a short survey.

The information you provide will enable WA Health to identify the settings and workplaces that need further support, and the people who need health and social support.

## 4. Tell your close contacts to follow guidance for close contacts

Tell your close contacts, especially those in your household, as soon as you can, that you have tested positive for COVID-19. With high numbers of COVID-19 cases in the community, it is often quicker for cases to identify and inform their close contacts. WA Health may not be able to get in touch with all close contacts directly.

Your close contacts are people you have had contact with during your **infectious period** (see below). These include people who

- are a household member and/or intimate partner of the COVID-19 case, or
- had close personal interaction with a person with COVID-19 during their infectious period, where they spent 4 hours of cumulative contact with them in a residential setting (including a home, residential care facility, boarding school, maritime vessel, or other accommodation facility) in any 24-hour period where masks have been removed by both people for all of this period, or
- Have been informed that they are a close contact by WA Health.

---

The **infectious period** is taken from 48 hours before onset of symptoms, or 48 hours before your positive test if you do not have symptoms, until the end of your isolation period. For example, if you first had symptoms on Wednesday afternoon, your infectious period started on Monday afternoon.

---

### What to tell your close contacts

- Tell your close contacts to check the HealthyWA website for the latest advice on what to do if you are a close contact: [COVID-19 close contacts](#).
- You must tell them they are a close contact. However, it is their legal responsibility (if they are adults) to follow the advice.

## 5. Tell your workplace or education facility

If your workplace has a residential component to its operation (e.g. a residential care facility, boarding school, maritime vessel, or other accommodation facility), you will need to tell them that you have tested positive to COVID-19 and were working onsite while infectious.

[Guidance for management of COVID-19 in the workplace](#) is available at the HealthyWA website.

## 6. Look after yourself

You can find information about expected COVID-19 symptoms at [COVID-19 symptoms – what to expect](#).

Most people with COVID-19 can look after themselves in their own home. Consider these options if you need medical care or advice:

- Most GPs can provide GP telehealth consultations, so you can get advice over the phone while you are in isolation.
- You can also call Health Direct on 1800 022 222 for health advice.
- The [WA COVID Care at Home](#) program delivers home monitoring care for confirmed COVID-19 cases who require it due to having risk factors that put them at greater risk of requiring hospitalisation. To see if you meet the criteria for WA COVID Care at Home, complete the short [registration form](#).
- If you need to go to hospital, call the emergency department to tell them that you are coming in and you are a COVID-19 case. You must go directly to the hospital and, if you can, ask a household member to drive you there (you should both wear masks, if possible).
- If you have severe symptoms, such as shortness of breath, **call 000 for an ambulance**. Inform the call centre and ambulance officers that you are a COVID-19 case.

## 7. Leaving isolation

If you have respiratory symptoms at the end of 7 complete days, you must continue to isolate until your respiratory symptoms resolve. Respiratory symptoms include a frequent cough, sore throat, shortness of breath, runny nose or blocked (congested) nose. If you have any of these symptoms at the end of 7 complete days, you must continue to isolate until they resolve.

Some people with COVID-19 may have very mild respiratory or other symptoms that continue after their recovery. These include a mild and infrequent cough (e.g. a mild cough that occurs only a few times per day), loss of taste and/or smell, and tiredness or muscle/joint pain. These symptoms do not prevent you from leaving isolation if you have isolated for 7 complete days from the date of your positive test and your other respiratory symptoms have resolved (as described above).

If you require further advice, or are concerned about any symptoms, call 13 COVID (13 268 43) or book a telehealth appointment with your GP.

## 8. Recovered cases

If you have recovered from COVID-19, you do not need to be tested again for COVID-19 within 12 weeks after you completed your required isolation. This includes if you have symptoms that are consistent with COVID-19, you are told you are a close contact, or for workplace screening. See [HealthyWA – Quarantine and isolation](#) for more information.

If you have recovered from COVID-19 and are told you are a close contact of a case within 12 weeks since you completed isolation, you will not be considered a close contact and you do not need to quarantine or be tested for COVID-19 in this period. See [HealthyWA – COVID-19 close contacts](#) for more information.

## Further information

- [COVID-19 Testing \(healthywa.wa.gov.au\)](#)
- [COVID-19: Testing and isolation guide \(wa.gov.au\)](#)
- Information on the [Pandemic Leave Disaster Payment \(servicesaustralia.gov.au\)](#)
- [Quarantine and isolation \(healthywa.wa.gov.au\)](#)
- [Managing COVID-19 at home and in the community \(healthy.wa.gov.au\)](#)
- [Managing COVID-19 in the workplace \(health.wa.gov.au\)](#)
- [What to do if you are a close contact](#)
- Call 13COVID (13 26 843)

**Last updated 4 May 2022 V8 SHICC PI**

**This document can be made available in alternative formats on request for a person with disability.**

© Department of Health 2022

Copyright to this material is vested in the State of Western Australia unless otherwise indicated. Apart from any fair dealing for the purposes of private study, research, criticism or review, as permitted under the provisions of the *Copyright Act 1968*, no part may be reproduced or re-used for any purposes whatsoever without written permission of the State of Western Australia.