

Managing COVID-19 at home

Most people with COVID-19 have a mild illness that can be managed safely at home and will recover in a few days. Most symptoms can be managed with:

- Rest
- Keeping hydrated with regular sips of water
- Over-the-counter medicine like paracetamol and ibuprofen to relieve pain and fevers. Pregnant women should avoid ibuprofen.

Continue to take any regular medicines you have been prescribed.

When to get help

Monitor your symptoms. If you are concerned about any symptoms, speak to your doctor or Aboriginal Medical Service, or call healthdirect for free on 1800 022 222 (24 hours 7 days a week) to speak to a nurse.

In an emergency or if symptoms become severe call Triple Zero (000) immediately and tell the phone operator you have COVID-19.

Severe symptoms can include:

- Trouble breathing
- Chest pain
- Feeling drowsy or confused
- Feeling severely dizzy or lightheaded
- Unable to stand without feeling like fainting

Getting vaccinated against COVID-19

COVID-19 vaccines are recommended for people who have previously had a COVID-19 infection. If your last COVID-19 vaccine dose was 6 months ago or more or you are at higher risk of severe illness, you may be recommended to receive a COVID-19 booster dose. Anyone over 18 may also consider getting a booster dose.

Speak to your doctor, Aboriginal Medical Service or pharmacist about when to have your next recommended COVID-19 vaccine.

Caring for a child with COVID-19

Most children with COVID-19 can be safely cared for at home.

When caring for a child with COVID-19:

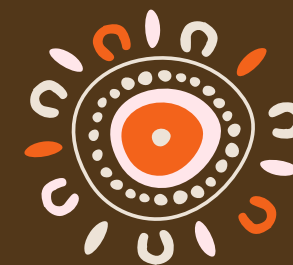
- Dress them in appropriate clothing so they are comfortable – not sweating or shivering
- Give them plenty of fluids to drink. They may not feel like drinking much so will need your help and encouragement
- Encourage them to rest and not overdo it
- Only use paracetamol or ibuprofen if you think they are in pain or uncomfortable with a fever. Follow the instructions on the label. Only give the recommended dose in a 24-hour period otherwise this can be harmful for children
- For babies, check if they want 0more frequent breast or formula feeds. Breastfeeding is safe to continue if you and/or your baby has COVID-19

Monitor the child's symptoms. If you are concerned about any symptoms speak to your doctor or Aboriginal Medical Service, or call healthdirect for free on 1800 022 222 (24 hours 7 days a week) to speak to a nurse.

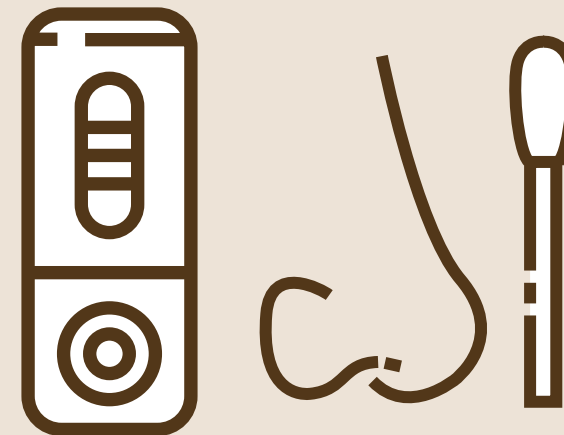
If you are concerned the child is seriously unwell, or they are having difficulty breathing, are severely dehydrated or are fainting, call Triple Zero (000) immediately. Tell the phone operator the child has COVID-19.

Information about testing for COVID-19 is available on the NSW Government website, visit nsw.gov.au

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COVID-19: testing and care at home



Keep our mob safe



Who should do a COVID-19 test

You should do a COVID-19 test if you have cold or flu symptoms and are at higher risk of severe illness from COVID-19 (more likely to get very sick and need hospital care). This is so you can access early treatment including antiviral medicines.

People at higher risk of severe illness include:

- Aboriginal and Torres Strait Islander people aged 30 years and over with additional risk factors, including obesity, diabetes, cardiovascular disease, chronic lung disease (including moderate or severe asthma requiring inhaled steroids), neurological disease, severe chronic liver or kidney disease, active cancer, or not up to date with recommended vaccination or not up to date with COVID-19 vaccinations.
- All people aged 50 years or over with the additional risk factors above
- All people aged 70 years and older
- People of any age who are moderately to severely immunocompromised
- People with significant or complex disability
- Pregnant women
- Children with complex chronic conditions.

If you live in a remote area with reduced access to healthcare or live in an aged care or disability care facility, discuss your risk with your doctor as you may be eligible for antiviral medicines or other supportive care.

If you have cold or flu symptoms and are not at higher risk of severe illness:

- Stay home until you are well
- Avoid high risk settings like hospitals and aged care facilities
- If you are worried about your symptoms, speak to your doctor or Aboriginal Medical Service, or call healthdirect for free on 1800 022 222 (24 hours 7 days a week) to speak to a nurse.
- Do a rapid antigen test (RAT) if you want to check if you have COVID-19

What COVID-19 test should you do

There are 2 types of COVID-19 tests you can do:

- A rapid antigen test (RAT) you can do yourself
- A PCR test collected by your doctor or a private pathology clinic. Speak to your doctor to get a request form. PCR tests are free for anyone with Medicare.

If you are at higher risk of severe illness:

- **Before you have symptoms**, have a yarn with your doctor about which test is right for you if you get symptoms.
- **If you already have symptoms**, do a RAT as soon as possible and speak with your doctor or Aboriginal Medical Service. Your doctor may also recommend a PCR test.

Antiviral medicines

Antiviral medicines stop the COVID-19 virus from infecting healthy cells and help your immune system fight off the infection. They work best when taken as soon as possible, and within 5 days from when your symptoms start.

People at higher risk of severe illness from COVID-19 may be eligible for antiviral medicines. Make a plan with your doctor today, don't wait until you get sick.

If you test positive to COVID-19

- If you are at higher risk of severe illness, speak with your doctor or Aboriginal Medical Service as soon as you test positive. You may be eligible for antiviral medicines or other treatments
- Stay home until your acute symptoms (such as runny nose, sore throat, fever, cough) have gone
- If you need to leave home, wear a mask
- Don't visit people at higher risk of severe illness, including people in hospital or an aged or disability care facility for at least 7 days
- Tell the people that you live with, or spend a lot of time with, that you have COVID-19
- Avoid large gatherings and indoor crowded places
- Talk to your employer about when you should return to work

Scan this QR code to find out more about what to do if you test positive to COVID-19.



If you test negative to COVID-19

If your RAT is negative and you are at higher risk of severe illness with symptoms, ask your doctor if you should have a PCR test. This will give a more accurate result.

Stay home if you have cold or flu symptoms, even if you test negative for COVID-19. This is so you don't infect other people.

