There are two types of test people can use to confirm they have COVID-19.

PCR (nose and throat swab tests):

Aboriginal, Torres Strait Islander and Pacific Islander people aged 35 years and over are at higher risk of severe illness from COVID-19 and are encouraged to get a PCR (nose and throat) swab test.

It's critical to get tested with a PCR test immediately if you have symptoms, as they are more accurate. Your doctor may be able to prescribe you antiviral medications or other early treatment, if you're eligible, to stop you from getting really sick. You will need to take this medicine as soon as possible after you test positive to COVID-19.

If you can't get a PCR test result quickly, do a rapid antigen test (if you have one) while you wait.

You should take a rapid antigen test if you:

- Have had contact with a person who has tested positive to COVID-19
- Are going to an event with lots of people, or before visiting vulnerable family members
- Have arrived from overseas.

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

Caring for children with COVID-19

Most children who test positive for COVID-19 can be safely cared for at home by their usual household carers, even if they are not vaccinated. When caring for your child with COVID-19 at home:

- Dress your child in appropriate clothing, so that they are comfortable – not sweating or shivering
- Give your child plenty of fluids to drink. They may not feel like drinking much so will need your help and encouragement
- If you are breastfeeding or formula feeding your baby may want more frequent feeds. Breastfeeding is safe to continue if you and/or your baby has COVID-19
- Encourage them to rest
- Use paracetamol or ibuprofen, only if you think your child is in pain or appears uncomfortable with a fever. Follow the instructions on the label, and do not give more of these medicines than is recommended in a 24-hour period, as this may be harmful for children.

## Watch your child for signs that their illness is getting worse

Call your GP, Aboriginal Medical Service or NSW Health COVID-19 Care at Home Support Line on 1800 960 933 if you notice:

- Persistent fever (>39°C) which is not responding to treatment
- Mild breathlessness
- Drinking less than half of what they would normally drink
- Urine output less than half of usual volume, and urine dark in colour
- Moderate vomiting or diarrhoea
- Unable to stand or walk.

Call Triple Zero (000) immediately and inform the operator that your child has COVID-19 if you are concerned that your child is seriously unwell, has difficulty breathing, is severely dehydrated or fainting.

COVID-19: testing and care at home

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NSW GOVERNMENT
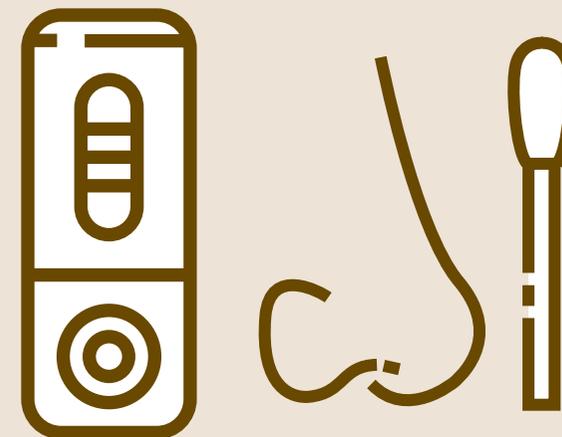
If you test positive to COVID-19

Your household and close contacts don't need to self-isolate but must follow the NSW Health guidelines.

If you have a sore throat, runny nose, cough or shortness of breath after 7 days, please remain in self-isolation until 24 hours after your symptoms are gone. If you are concerned about your symptoms, call your GP or Aboriginal Medical Service.

You do not need to take a test to leave self-isolation.

There is no need to delay vaccination once you have fully recovered from COVID-19.

Registering your rapid antigen test

If you test positive with a rapid antigen test, you must register your positive test on the Service NSW website or app.

As part of registration... you will be asked a few simple questions and it is important you answer these so you can be linked to health support and advice based on your COVID-19 risk.

If you or someone in your family can't register online, please call Service NSW on 13 77 88.

You do not need to register your rapid antigen test result if you have:

- Had a negative or invalid rapid antigen test result
- Had a positive PCR (nose and throat swab) test in the 28 days before your positive rapid antigen test
- Already reported a positive rapid antigen test in the last 28 days on the Service NSW website or app.

Care at home

If you are Aboriginal, Torres Strait Islander or Pacific Islander under 35 years of age, up to date with COVID-19 vaccinations, do not suffer from any chronic health conditions and are not pregnant, you can safely look after yourself at home.

Most people with COVID-19 will have a mild illness and will recover in a few days or so, with some people having no symptoms at all.

Most symptoms can be managed with:

- Bed rest
- Regular paracetamol (Panadol) and ibuprofen (nurofen) to relieve pain and fevers
- Throat lozenges for a sore throat
- Keeping hydrated with regular sips of water.

Continue to take any regular medications you have been prescribed.

There are effective treatments available for people at higher risk of severe disease from COVID-19.

Please contact your GP, Aboriginal Medical Service or the NSW Health Flu and COVID-19 Care at Home Support Line on 1800 960 933 if you are considered to be at high risk of severe disease.

People considered at high risk include:

- Aboriginal, Torres Strait Islander and Pacific Islander people (from age 35 years and over)
- Pregnant women
- Unvaccinated people (18 years and over)
- People with underlying health conditions or who are immunocompromised
- Some people with a disability.

When to get help

Take note of how you feel while you are in self-isolation and monitor for worsening symptoms.

Call your GP or Aboriginal Medical Service if you experience:

- Shortness of breath
- Vomiting
- Diarrhea
- Minimal urination
- Coughing up mucous regularly.

If you have COVID-19 and have health questions that are not a medical emergency, call the NSW Health Flu and COVID-19 Care at Home Support Line on 1800 960 933.

You can also call Healthdirect for free on 1800 022 222 for fast, expert health advice from registered nurses, 24 hours a day, 7 days a week.

Call Triple Zero (000) straight away if you experience severe symptoms and let them know you have COVID-19. Severe symptoms include:

- Difficulty breathing
- Severe dizziness
- Chest pressure/pain lasting more than 10 minutes
- Unable to stand
- Blue lips.

You should only call Triple Zero (000) in a medical emergency.

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