COVID-19 Testing

When should I get a COVID-19 test?

- You have COVID-19 symptoms.
- You are at higher risk of severe illness and have been recently exposed to someone with COVID-19.
- You are a household contact or have had a high or moderate risk exposure to someone with COVID-19.

Who is at higher risk of severe illness?

- People aged 60 years and older
- Pregnant women
- Aboriginal, Torres Strait Islander and Pacific Islander people (from age 35 years and over)
- People with obesity, diabetes, serious cardiovascular disease, chronic lung disease (including severe asthma requiring hospitalisation in last 12 months), severe chronic liver or kidney disease, active cancer or who have weak immunity
- Some people with a disability including those with a disability that affects their lungs, heart or immune system
- Residents of aged care and disability care facilities
- People aged 18 years and older who are unvaccinated

What COVID-19 test should I get?

There are two different tests you can get to check if you have COVID-19. A rapid antigen test (RAT) that you can do yourself and a PCR (nose and throat swab) test that is done at a testing clinic.

- If you are at higher risk of severe illness you should get a PCR test. If you can’t get a PCR test result quickly, do a rapid antigen test (if you have one) while you wait for the PCR test result.
- If you are not at higher risk of severe illness, do a rapid antigen test unless your doctor tells you to have a PCR test.

What do I do if I test positive to COVID-19?

- If you have a positive PCR test result, even if you don’t have symptoms, you have COVID-19. You must follow the advice for people testing positive to COVID-19 and managing COVID-19 safely at home.
- If you have a positive rapid antigen test register the result with Service NSW and follow the advice for people testing positive to COVID-19 and managing COVID-19 safely at home.

If you have any health concerns and need language support, call TIS 131 450 and ask for Health Direct on Tel. 1800 022 222.