



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?

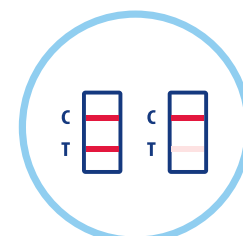
There are **two different tests** you can get to check if you have COVID-19. A **rapid antigen test** (RAT) that you can do yourself and a **PCR** (nose and throat swab) **test** that is done at a testing clinic

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