

# COVID-19

## Self-Isolation change



You do not need to self-isolate if you test positive to COVID-19 but it is recommended you stay home until your acute symptoms (runny nose, sore throat, cough and fever) have gone.

If you must leave the house:

- wear a mask when indoors and on public transport
- avoid large gatherings and crowded indoor places
- don't visit people at high risk of severe illness, anyone in a hospital, or an aged or disability care facility for at least 7 days
- talk to your employer about when you should return to the workplace.

If you have cold or flu [symptoms](#), please stay home and [get tested](#). If you're eligible for COVID-19 [antiviral medicines](#), it's important to get tested as soon as you develop symptoms. Even if you get a negative COVID-19 test result, stay home while unwell, so you don't infect your loved ones and community.

Although it's no longer mandatory to register a positive rapid antigen test NSW Health asks people to register their results with Service NSW as registration can help you access health and other support.

**If you have any health concerns and need language support, call the Translating and Interpreting Service (TIS) on 131450 and ask for Health Direct T. 1800 022 222**

