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