



# I have COVID – what should I do?

## 1. Stay home

- You **must** stay home and isolate for 7 days (or longer if you still have symptoms). Keep away from other people in your home to keep them safe.
- Other people who live with you are close contacts and will have to stay home for 7 days too.
- If you need food or other items, like medicine, ask a support person to get it for you and drop it off at your door. You can also call 13 COVID (13 268 43) for help.
- For more information on how to isolate safely, visit [healthywa.wa.gov.au](https://healthywa.wa.gov.au).



## 2. Register your test result if it was a RAT (rapid antigen test)

If you did a RAT and your result was positive you **must register** your result. You can do this:

- online: [healthywa.wa.gov.au/COVIDtesting](https://healthywa.wa.gov.au/COVIDtesting)
- by phone: 13 COVID (13 268 43) **OR**
- scan the QR code.



If it was a PCR test, your positive result will be registered automatically.

## 3. You will receive a text message from WA Health

WA Health will send you a text message with a link to some questions. **It's important to answer the questions** so they know if you need extra support. You won't be asked to log in or to provide any passwords, medicare numbers or bank details.

## 4. Register with WA COVID Care at Home

WA COVID Care at Home is a free service that provides home monitoring care for people who are at higher risk of getting very sick from COVID. This includes people who are/have:

- any chronic diseases like diabetes and kidney problems
- not fully vaccinated
- immunosuppressed
- over 50 years of age (Aboriginal people) 65 years of age (non-Aboriginal)
- pregnant
- very overweight (BMI >35).



It's **important to register** to find out if you are eligible for this free service. If you are having trouble registering, you can **ask a friend or family member to help you**. You can register:

- online: [healthywa.wa.gov.au/COVIDcareathome](https://healthywa.wa.gov.au/COVIDcareathome)
- by phone: 13 COVID (13 268 43) **OR**
- scan the QR code.



When you register you will be recommended for either:

- **WA COVID Care at Home**  
If you are recommended for this free service, they will monitor how sick you are and decide if you need extra help.
- OR**
- **Self-care**  
If you are otherwise healthy (apart from having COVID), you may be recommended to care for yourself at home.

## 5. Tell your doctor you have COVID

**It is important to tell your normal doctor or local clinic** you have COVID, even if you are being monitored by the WA COVID Care at Home program. They may be able to offer additional support and will need to monitor any existing medical conditions.

## 6. Tell your close contacts they need to isolate for 7 days

You need to tell your close contacts you have COVID as soon as you can, especially the people you live with. Your close contacts will need to isolate for 7 days and follow a special testing process.

Close contacts are people you have been with while you have been infectious. It includes:

- People you live with or your intimate partner
- Any person you have had 15 minutes face to face contact where you both weren't wearing masks
- Any person you have spent 2 hours in a small room with (e.g. a classroom) where you both weren't wearing masks.



## 7. Tell your workplace or school

If you were at work or at school while you were sick or infectious, you need to tell them as soon as you can. They will need to find out if anyone at work or school is a close contact and let those people know so they can isolate too.



## 8. When to get medical help

If you are getting sicker, for example finding it hard to eat or dress yourself, call your doctor, local clinic or Health Direct (1800 022 222) for advice, or the WA COVID Care at Home service if they are monitoring you.



**Important** – if you have severe symptoms such as chest pain, difficulty breathing, coughing up blood or collapse/fainting you should **call 000 and go to hospital straight away.**

### Further information

COVID-19: Testing and isolation guide ([wa.gov.au](http://wa.gov.au)).

Assistance for people in isolation or quarantine.

Managing COVID-19 at home and in the community ([healthy.wa.gov.au](http://healthy.wa.gov.au)).

Call 13 268 43 (13 COVID) or Health Direct 1800 022 222.

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