

Your guide  
to managing





# Staying safe

RAT kit



Thermometer



Face masks



Hand sanitiser

Disposable gloves



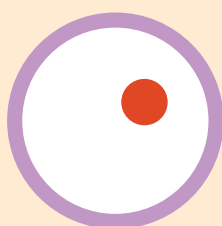
Pain relief medication

Electrolytes

Your regular medication



Scan for  
translated  
advice





# I have tested positive for COVID-19

With COVID-19 in the community, it is important for you to know what to do to keep yourself and others safe. This protocol will help you know when and how long you need to isolate for if you are COVID-19 positive.



OR







# I am a close contact who develops symptoms

This protocol will help you if you have symptoms and are a symptomatic close contact of someone who has tested positive for COVID-19.

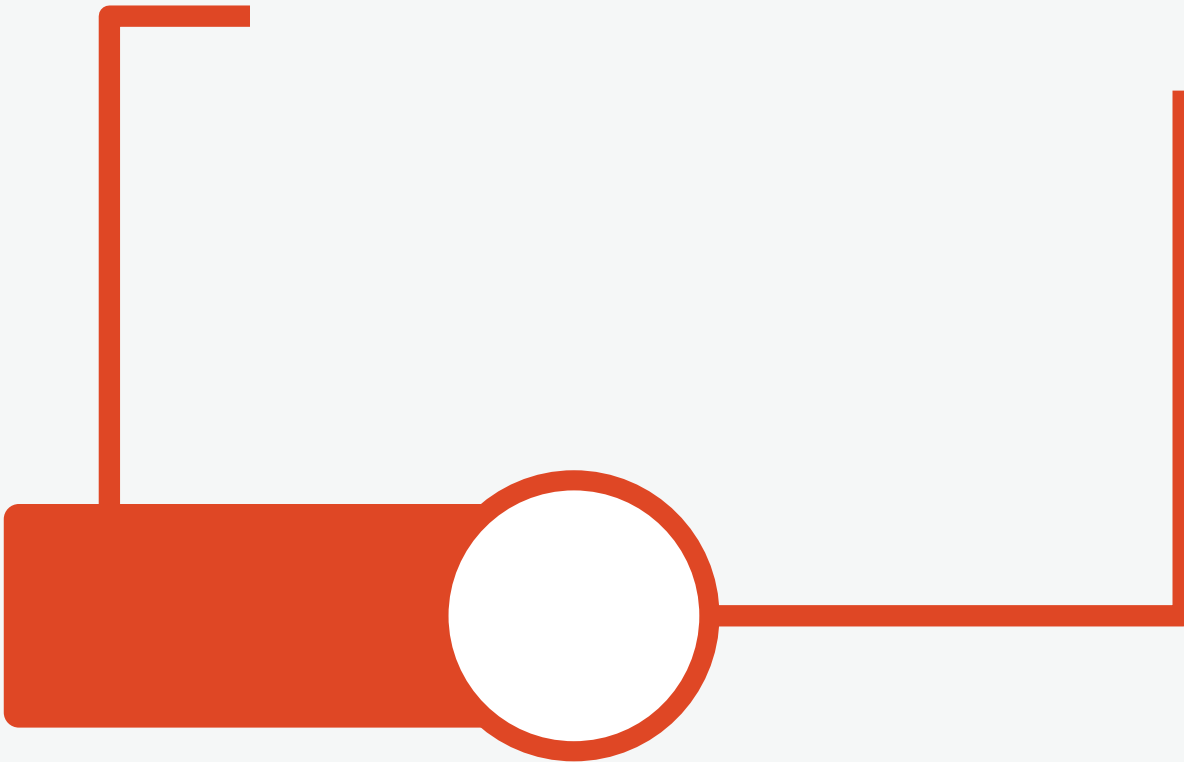
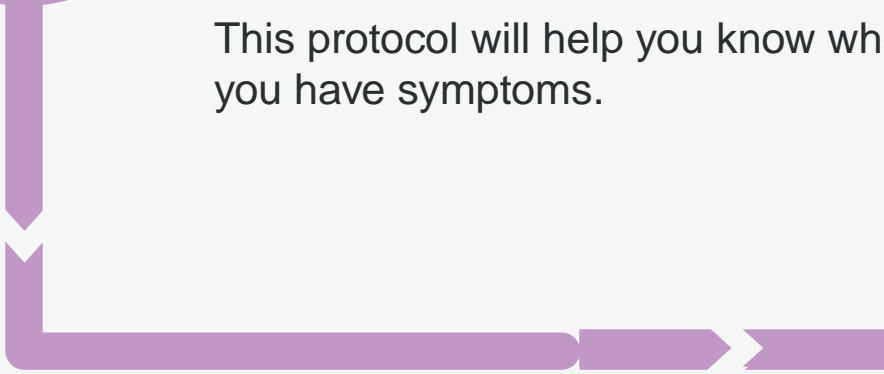
Isolate for  
7 days from  
date of  
contact.





# I am not a close contact and I have symptoms

This protocol will help you know what to do if you have symptoms.



# Living alone with COVID-19

If you test positive to COVID-19, you'll have to isolate. Here's a guide on what you should and shouldn't do during this time.

- Ask someone to check on you over the phone or at your door
- Make and share a plan for any pets
- Ensure you have enough food as

# Living with COVID-19 in a shared household

If you test positive to COVID-19, you'll have to isolate. What does that mean for others in your household? Understand the requirements and have conversations with your household about how you can keep each other safe.

## How do I isolate safely?

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- Stay in a separate room - wear a mask if you need to leave the room
- Use a separate bathroom if possible
- Do not use shared rooms at the same time
- Wear a mask when using shared areas
- Do not share household items like dishes, cups, towels and bedding
- Practise good hygiene, like washing your hands before putting on and removing your face mask, and sneeze and cough into your arm
- Regularly clean all surfaces you touch as much as possible
- Have your food delivered to your door. Household members should wear masks and gloves when collecting your dishes and wash hands afterwards

## How to use shared areas

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- If you must share a room, everyone should wear a mask and keep a safe distance (1.5m)
- Before leaving any shared rooms, wipe down all surfaces with disinfectant
- Increase ventilation - keep windows and outside doors open where possible to let fresh air inside
- The people you live with should clean other shared surfaces with disinfectant often
- Handle your own laundry where possible and wipe down the washing machine buttons and dials with disinfectant. Do your washing on the hottest available temperature. If someone else needs to do your laundry they should wear a mask, minimise handling as much as possible and wash hands afterwards











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