What to do if you have tested positive for COVID-19

- Quarantine at home for 7 days
- People you live with or have spent more than four hours with at home must also quarantine for 7 days

Who to tell

- Friends and family you have spent time with recently
- Your employer
- School or daycare of your child

What to tell them

- I've recently tested positive for COVID-19
- We spent time together so you should get tested too
- Everything you need to know is available at **coronavirus.vic.gov.au/checklist-cases**

Know your symptoms and when you need to get help

	Mild	**Worsening**	**Severe**
General feeling	Feeling a little unwell but okay. Able to walk around the house and do normal activities.	Feeling very unwell and tired, struggling to take care of yourself.	Having difficulty breathing, cannot take care of yourself.
Symptoms	• Runny or blocked nose • Sore throat • Aches and pains • Coughing • Tired • Headache • Loss of taste and smell • Not hungry or feeling sick • Feeling sad, worried or scared	• Some shortness of breath • Coughing up mucous • Really sore muscles and pains • Very weak and tired • Not peeing very often • Vomiting or diarrhoea • High temperature (over 38 degrees Celsius) • Shaking or shivering	• Any difficulty breathing • Chest pain • Coughing up blood • Lips or face turning blue • Feeling dizzy • Fainting or feeling like fainting • Unable to look after yourself • Confused • Can't keep your eyes open
What to do?	• Rest • Drink lots of water • Eat healthy meals • Keep taking any usual medicines	Call your GP or Nurse On-Call (1300 606 024) as soon as possible. They will advise you what to do next.	Call Triple Zero (000) and tell them you have COVID-19.

For more information in English, visit
www.coronavirus.vic.gov.au

VICTORIA
State Government

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Support is available – know how to access it

Food relief

If you're quarantining and don't have family or friends who can help, there is support available for food and personal care items.

Search for food charities in your area through Ask Izzy at **www.askizzy.org.au**

Call the Coronavirus Hotline 24/7 on **1800 675 398**. Press zero (0) if you need to speak to someone in your language. Food that caters to cultural and dietary needs is availab**le.**

Financial support

If you lose income because you have to isolate you could be eligible for financial assistance. To find our what support you can get go to www.coronavirus.vic.gov.au/support or call the Coronavirus Hotline on **1800 675 398**.

Mental health support

If you are feeling overwhelmed, you can get help from a Mental Health and Wellbeing Hub. These are a free and confidential service available to everyone in Victoria.

Contact the Mental Health and Wellbeing Hubs by calling **1300 375 330**. Need an interpreter? Call TIS National on **131 450**.

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