

Medical problem? Call 1800 022 222. If you need urgent medical help, call triple zero immediately

healthdirect Australia is a free service where you can talk to a nurse or doctor who can help you know what to do.

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## What to do if you have COVID-19

If you test positive for COVID-19, it is likely your symptoms will be mild and you can recover safely at home.

If you have no symptoms, or only mild symptoms, this information and advice will help keep you and your loved ones safe. You should only call triple zero (000) or attend an emergency department if your symptoms are severe.

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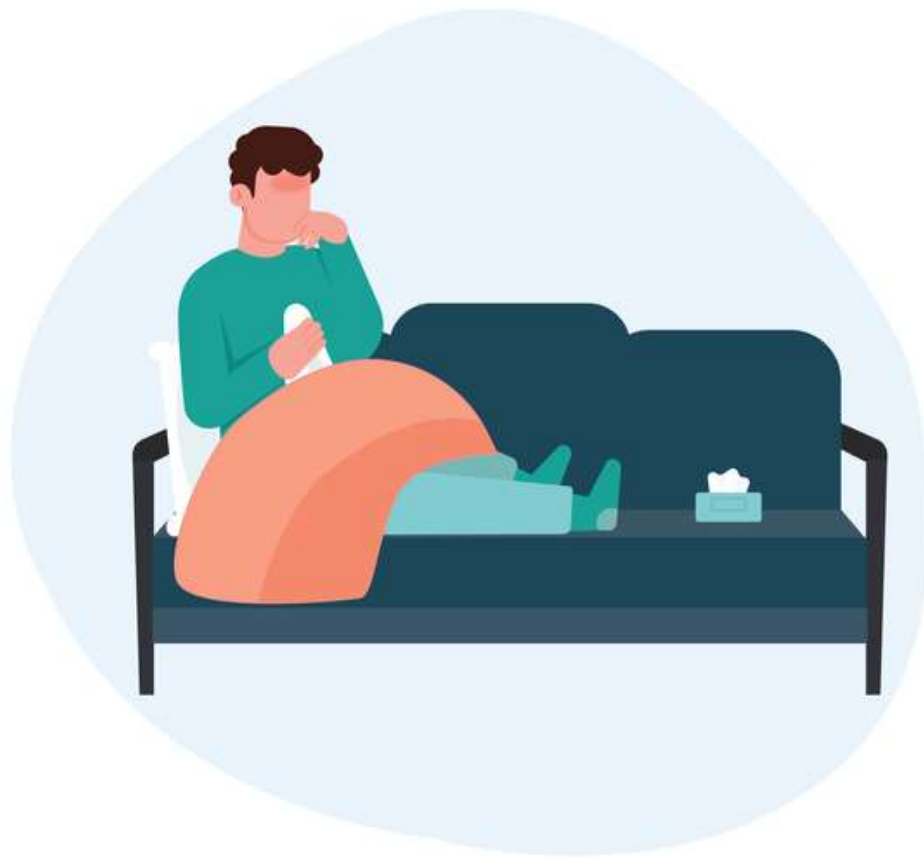
### Isolate immediately

You'll need to self-isolate, stay home and separate from others for at least 7 days. Find out more about how to self-isolate and to get the support you need.



### Let contacts know

Household members must also get tested and isolate. You should advise your friends, family and work contacts to monitor for symptoms.



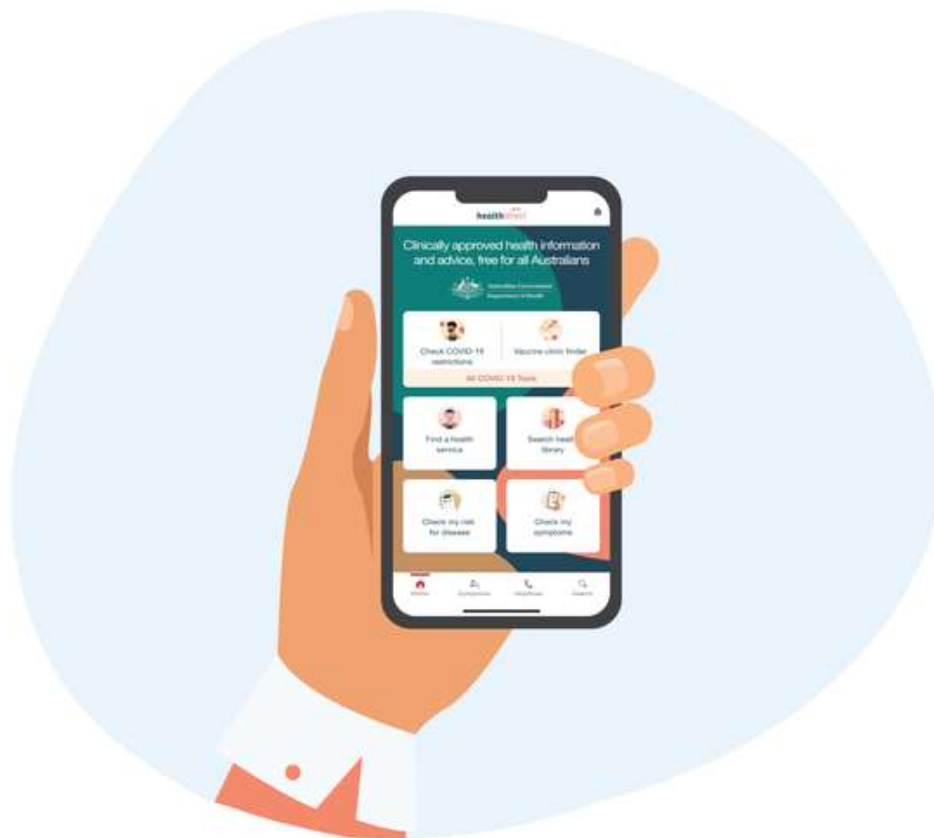
## Look after yourself

If you have mild COVID-19 symptoms, manage your care at home, with rest and over-the-counter medicines such as paracetamol and ibuprofen.



### Monitor your symptoms

COVID affects everyone differently. Understand the difference between mild, moderate and severe symptoms.



## If symptoms worsen

Use the Symptom Checker to know if you should seek medical help, including when to call triple zero (000).



## Leaving isolation

The infectious period varies from person to person. Find out what you need to do before you can leave isolation.



Use the [\*\*COVID-19 Symptom Checker\*\*](#) to find out if you need to seek medical help.



More information about how to [\*\*manage COVID-19\*\*](#).



Call the National Coronavirus Helpline on **1800 020 080** at any time if you need advice.

24 hour health advice you can count on 📞 1800 022 222

**health**direct

We are a government-funded service, providing quality, approved health information and advice



**Australian Government**  
Department of Health

