



COVID-19 symptoms and when to call for help

Most mild and moderate COVID-19 symptoms can be managed at home. Below outlines when you may need to seek medical help. You can also use **Healthdirect Symptom Checker**.



Important Call your GP or 1800 960 933 as soon as possible after testing positive to COVID-19 to connect with clinical care, **if you are:**



- Pregnant, or
- An Aboriginal or Torres Strait Islander person (particularly with underlying health conditions) or a Pacific Islander person, or
- Unvaccinated (16 years or over), or
- Immunosuppressed, or
- Over 65 years (particularly with underlying health conditions).

There are effective treatments available for people at risk of severe disease.

If you are worried about your symptoms, please call:

- ☎ Your GP
- ☎ NSW Health COVID-19 Care at Home Support Line **1800 960 933** (Press 8 for TIS)
- ☎ Healthdirect (24/7) **1800 022 222**

Translating & Interpreting Service (TIS)
☎ **13 14 50**

Mild symptoms

- Sore throat, dry cough, headache, mild body aches, runny nose
- Can eat and keep food down
- Urine (wee) is light yellow and clear
- Can do usual activities (wash, dress, go to toilet)
- Blood oxygen level: 95-100% (if you have a pulse oximeter)



What to do



- ✓ Take usual medications
- ✓ Take paracetamol or ibuprofen to relieve pain
- ✓ Eat well and drink plenty of fluids (unless you are on a fluid restriction)
- ✓ Rest as needed. If feeling well, keep active while isolating

Moderate symptoms

- Coughing more, or coughing up mucus, or colour / amount of mucus has changed, may contain blood
- Temperature over 38°C
- More body aches/headaches not helped by pain relief
- I am able to walk and do my usual activities but feel a bit more out of breath
- Diarrhoea (runny poo) or vomiting twice or more a day, and/or urine is dark
- Blood oxygen level: 92-94% and is the same when re-checked (if you have a pulse oximeter)



What to do



- ✓ Take paracetamol or ibuprofen to relieve pain and fevers, as directed.
- ✓ Call GP, COVID-19 Care at Home Support line **1800 960 933** or Healthdirect **1800 022 222** for further advice.

Severe symptoms



- Getting worse. You or others are now worried
- Chest pain or pressure for more than 10 minutes
- Out of breath, unable to stand or do usual activities
- Severe dizziness, feeling faint, drowsy or confused
- Skin colour is changing to pale or grey or blue
- Blood oxygen level: less than 92% and is the same when re-checked (if you have a pulse oximeter)



What to do



- Call Emergency 000**
- ✓ Tell them you have COVID-19 and are getting worse.
- ✓ Unlock front door.