

Your COVID-19 health support guide



Be prepared

For people with COVID-19 For household contacts





How to use this guide: Click on each underlined topic or the symbols for information.



Information available for Aboriginal & **Torres Strait Islander communities**



Translated resource available



Language can be changed using dropdown box in top right corner

Prevent & Prepare



Get vaccinated >A

COVID-19 care kit

Concession card holder access to rapid antigen tests (RAT)

Hygiene tips ★A

Testing



When to test

What test to use A

How to do a rapid antigen test (RAT) 🛱

Self-isolating



Who needs to?

How to?

★

How long to self-isolate if you:

How to keep your household safe

Help lines



Isolation Support Line: 1800 943 553

COVID-19 Care at Home Support Line: 1800 960 933 (Press 8 for TIS)

After-hours health advice. Healthdirect: 1800 022 222

BeyondBlue Mental Wellbeing Support: 1800 512 348

Translating & Interpreter Service (TIS): 13 14 50

Recovery



How long will symptoms last?

Get back to physical activity

Healthy living

What if I am re-exposed to $\Rightarrow A$ **COVID-19?**

When to get vaccinated/ a booster A

Managing symptoms



When to call for help:



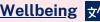
- for adults
- for children



Supplies & support



Food





Essential items

Financial help



Call Emergency 000

*Trouble breathing * Severely dizzy, drowsy or confused

*Chest pain or pressure for more than 10 minutes