



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

COVID-19 care kit

Concession card holder access
to rapid antigen tests (RAT)

Hygiene tips

Testing



When to test

What test to use

How to do a rapid antigen test (RAT)

Next steps if you tested positive

Self-isolating



Who needs to? How to?

How long to self-isolate if you:

- have COVID-19
- are a household/at high risk

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 COVID-19?

When to get vaccinated/ a booster

Managing symptoms

Have COVID-19? What to do first

Tips to manage symptoms

When to call for help:

- for adults
- for children



Supplies & support



Wellbeing

Food

Essential items

Medications

Financial help

Call Emergency 000

*Trouble breathing * Severely dizzy, drowsy or confused
*Chest pain or pressure for more than 10 minutes