



I have COVID – what should I do?

1. Stay home

- You should stay home for 5 days and until you are better to stop sickness spreading.
- Keep away from other people at home to keep them safe.
- If you need food or other items, like medicine, ask a support person to get it for you.
- If people visit, tell them you have COVID and keep away from them to keep them safe.
- You should stay away from people who could get very sick, like older people and people who are already sick with other health problems for at least 7 days after you get COVID, or longer if you still have symptoms.
- If you do need to leave home, make sure you wear a mask and keep your distance from others.
- For more information, visit healthywa.wa.gov.au.



2. Register your test result if it was a RAT (rapid antigen test)

If you did a RAT you should register your result. You can do this:

- online: healthywa.wa.gov.au/COVIDtesting
- by phone: 13 COVID (13 268 43) **OR**
- scan the QR code.



If it was a PCR test, your positive result will be registered automatically.

If you are having troubles registering your positive RAT, ask a friend or family member to help you.

3. You will receive a text message from WA Health

WA Health will send you a text message with important health information and a link to some questions. You won't be asked to log in or to provide any passwords, medicare numbers or bank details.



4. Tell your doctor you have COVID

It is important to tell your doctor or local clinic you have COVID.

Some people at risk of getting very sick from COVID may be eligible for special antiviral medications. These medications need to be started within 5 days of getting sick. Your doctor or clinic can tell you if you are eligible. They may also be able to offer extra support and will need to monitor any existing medical conditions.



5. Tell your close contacts you have COVID

You should tell your close contacts you have COVID. They will need to watch out for any COVID symptoms.

Close contacts are people you have spent a lot of time with, like the people you live with, while you were infectious. This includes the 2 days before you got sick, or if you're not sick, the 2 days before you tested positive.



6. When to get medical help

If you are getting sicker, for example finding it hard to eat or dress yourself, call your doctor, local clinic or HealthDirect (1800 022 222) for advice.

Important – if you have severe symptoms such as chest pain, difficulty breathing, coughing up blood or collapse/fainting you should **call 000 and go to hospital straight away.**



Further information

Managing COVID-19 in WA: [wa.gov.au](https://www.wa.gov.au)

[healthywa.wa.gov.au](https://www.healthywa.wa.gov.au) COVID cases

Call 13 268 43 (13 COVID) or HealthDirect: 1800 022 222.

This document can be made available in alternative formats on request for a person with disability.

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