COVID-19
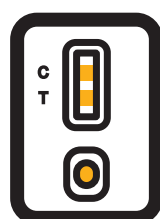
If you're sick, with COVID symptoms stay home and get tested.

JUST FEELING SICK

**If you are feeling sick you should get tested.
You can do a RAT at home or call your clinic or doctor to ask about getting tested. Stay home until you are better.**
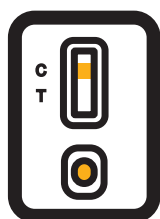
Negative
(no COVID)

Positive
(you have COVID)

If your test says you have COVID, you should stay home for 5 days and until symptoms are gone. Staying home helps stop sickness spreading.
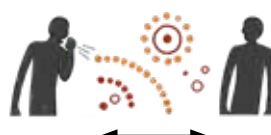
If you are very sick and need urgent care call 000.

Keep up to date with vaccinations

If you're sick stay home and get tested

Wash your hands

Keep your distance

Two big steps (1.5m)

Cover coughs and sneezes

Clean shared surfaces

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