

COVID - 19 Close Contacts- - what do I do?

NSW	ACT	VIC	QLD	SA
<p>Monitor for symptoms. If you have or develop cold or flu symptoms (runny nose, sore throat, cough, fever), stay home and get tested for COVID-19.</p> <p>If your test result is positive, follow the testing positive to COVID-19 and managing COVID-19 safely at home advice.</p> <p>If your test result is negative, stay home until your symptoms have gone.</p> <p>Wear a mask indoors, including on public transport.</p> <p>Maintain physical distancing where possible and get together outdoors or in well-ventilated indoor areas</p> <p>Stay up to date with your vaccinations</p> <p>Regularly wash your hands</p> <p>Consider doing a rapid antigen test before visiting people at higher risk of severe illness.</p>	<p>Your risk of contacting COVID-19 increases if:</p> <ul style="list-style-type: none"> • you are a Household contact, or • you spent a long time with someone who has COVID-19 and interacted closely with them, or • you were indoors with someone who has COVID-19, or • you or the person with COVID-19 were not wearing facemasks. <p>If you have been exposed: Closely monitor symptoms.</p> <p>If you become unwell: get tested and stay home If you can, wear a mask in indoors settings</p> <p>Consider testing regularly using a RAT test</p> <p>Avoid visiting people who are at a higher risk of severe illness:</p> <ul style="list-style-type: none"> • In hospital • In an aged care facility • In a disability aged care facility • If you cannot delay visits to a high-risk setting, take a RAT test before you go and contact the facility to get approval to enter. <p>Exposed to COVID-19</p>	<p>You are a close contact if:</p> <ul style="list-style-type: none"> • you live with someone who has COVID-19 or stayed a night at their house. • you spent more than 4 hours indoors in a house or other residence with a person who has COVID-19 while they were infectious, <p>You are a social contact if you were in contact with someone with COVID-19 at:</p> <ul style="list-style-type: none"> • Work • School • Childcare • An event • A social gathering <p>Get tested. (RAT or PCR).</p> <p>Stay at home if you are unwell or have symptoms.</p> <p>A close contact should regularly test for at least 7 days following their last contact with the person who has COVID-19. If you work in a sensitive setting check with your workplace about testing and other precautions.</p> <p>Report Your Result If you test positive, you should report your result</p>	<p>You are a close contact if:</p> <ul style="list-style-type: none"> • you live with someone who has COVID-19 or • you have been with someone that has COVID-19 for more than 4 hours in a house or other accommodation. <p>If you become a close contact for at least 5 days following the person’s positive COVID-19 test, strong recommendation to:</p> <p>Wear a face mask in an indoor setting and if you are unable to physically distance outside</p> <p>Work or study from home where feasible and with the agreement of your workplace</p> <p>Avoid entering hospitals, residential aged care and disability care services</p> <p>Avoid people who are at risk of severe disease from contracting COVID-19.</p> <p>You should also monitor for any acute respiratory symptoms for at least a week from the date of the COVID-19 positive test.</p> <p>If you develop any acute respiratory symptoms you should stay home and isolate and follow the Guidelines for looking after yourself at home</p>	<p>You are a close contact if you are living with or having spent a lot of time indoors with someone with COVID-19</p> <p>Monitor for symptoms If you get sick you should get tested and stay at home until you are well.</p> <p>Don’t visit people at high risk of severe illness, or anyone in a hospital, or an aged or disability care facility. If you have to visit, do a rapid antigen test before you go.</p> <p>Wear a mask when in indoor places and on public transport.</p> <p>Frequent rapid antigen testing to help identify an infection early. This is particularly important if you are in contact with people at high risk of severe illness.</p> <p>Notify your employer, school or childcare setting that you are a close contact.</p> <p>Close Contact advice</p>