WHAT SHOULD YOU DO...

COVID-19

If you have returned from overseas, travelled interstate or been on a cruise ship in the past 14 days

Do you have fever or chills (in the absence of an alternative illness that explains these symptoms)

OR

cough, sore throat, runny nose, shortness of breath, unexplained loss of smell, or altered sense of taste?

Monitor your health for any changes No and stay in quarantine for 14 days

Seek testing

Call your GP to book an assessment and testing. Provide your symptoms and travel history over the phone. If your GP cannot test you, they may refer you to a dedicated COVID-19 testing clinic



Visit a dedicated COVID-19 clinic to be assessed and tested

Stay in quarantine for 14 days (even if you receive a negative test result) and follow medical advice

If you have been in close contact with a confirmed case of COVID-19

Do you have fever or chills (in the absence of an alternative illness that explains these symptoms)

cough, sore throat, runny nose, shortness of breath, unexplained loss of smell, or altered sense of taste

OR

have you been instructed by a healthcare professional to get tested for COVID-19?

No

Yes.

Self-isolate

and seek

testing

Monitor your health for any changes and stay in quarantine for 14 days

Call your GP to book an assessment and testing. Provide your symptoms and travel history over the phone. If your GP cannot test you, they may refer you to a dedicated COVID-19 testing clinic



Visit a dedicated COVID-19 clinic to be assessed and tested

Remain in self-isolation until negative test and for 14 days from date of last exposure with a confirmed case of COVID-19 (whichever is longer)

If you are unwell with COVID-19 symptoms

Do you have fever or chills (in the absence of an alternative illness that explains these symptoms)

cough, sore throat, runny nose, shortness of breath, unexplained loss of smell, or altered sense of taste?

Self-isolate and seek testing

Call your GP to book an assessment and testing. Provide your symptoms and travel history over the phone. If your GP cannot test you, they may refer you to a dedicated COVID-19 testing clinic



Visit a dedicated COVID-19 clinic to be assessed and tested

Avoid contact with others while you wait for your result

Positive result: Stay in self-isolation

and follow medical advice

Negative result: Avoid contact with others until well again

If you are worried but feel well

Visit the SA Health website to learn more about COVID-19 and what you can do to stay well

Talk to friends, family or a professional if you need help

Download the Federal Government's **COVIDSafe app**

Call the SA COVID-19 **Information Line** 1800 253 787

Call the SA COVID-19 **Mental Health Support Line** 1800 632 753

In a medical emergency, call triple zero (000) immediately.

Health Practitioners should refer to the latest COVID-19 CDNA National Guidelines for a comprehensive list of case definitions and sahealth.sa.gov.au/healthalerts