

Information for People Testing Positive to Covid 19:



1. If you have either a positive PCR (laboratory) test or a Rapid Antigen Test (“RAT”, usually done at home), you are considered to have Covid 19.
2. Any positive test means you should isolate at home until 3 days after your symptoms have completely settled, or for 7 days if you have not symptoms on Day 7.
3. You must register a positive home “RAT” test with NSW health, either on line or via the Service NSW app. NSW health will be in touch with you with further advice following your positive test.

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1. It is quite possible that all your care can be done at home. If you have **received at least two doses of covid vaccine, are not pregnant, not treated for serious illnesses and don't have a weakened immune system**, it's likely you will be able to manage at home. Simple measures such as bed rest, regular paracetamol or ibuprofen, frequent sips of water and lozenges for sore throat will help you manage your symptoms.
 2. 4. If you do have one of the above conditions, if you are unvaccinated, or if your symptoms are severe or worsening you will need extra medical support. You should contact your GP, or nearest Emergency Department.
 3. If you have any concerns or questions, patients of ThriveGP are encouraged to contact us for advice.

Resources for care at home:

- Go to the Health Direct [symptom checker](#) first.
- Australian Government Health Direct website www.healthdirect.gov.au. This includes details about when to seek medical advice.
- National Coronavirus Helpline 1800 020 080: 24 hours per day, seven days per week
- NSW Health Line: 1800 960 933

<https://www.health.nsw.gov.au/Infectious/factsheets/Pages/advice-for-confirmed.aspx>

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