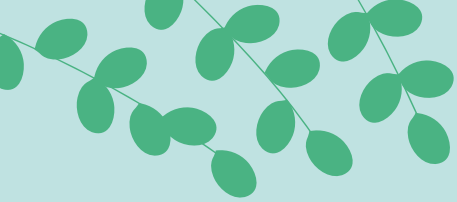# Your guide to managing COVID-19

With COVID-19 in the WA community, it is important to know what you can do to keep yourself and your household safe. This booklet will help you get ready for and manage COVID-19.

Contents

Preparing for COVID-19

If you or someone in your household catches COVID-19, being prepared will help you manage the situation.
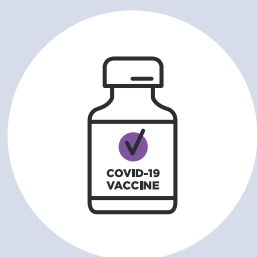
When someone has recovered from COVID-19 or is medically cleared, they do not pose any risk of infection to other people in the community and can safely return to work, school and other normal activities.

Staying safe

There are things you can do to keep yourself and others safe from COVID-19.

Get vaccinated

Get tested if unwell

Wear a mask

Keep a safe distance

Continue to check in

Wash your hands

Create your COVID-19 kit

If you or someone in your household catches COVID-19, it is important to have these items. **Especially if you live alone** because you won't be able to leave the house.

You can arrange for these items to be delivered, but you must inform the person to leave it at the door for you to collect once they have left. You can get most of the items at a grocery store or pharmacy.

RAT kit	☐		Disposable gloves	☐
Thermometer	☐		Pain relief medication	☐
Face masks	☐		Electrolytes	☐
Hand sanitiser	☐		Your regular medication	☐

Know the symptoms and what to do

Mild symptoms

Most people will have mild symptoms for up to 2 weeks. Avoid high-impact activities, weights, running and workouts.

Recover at home

Worsening symptoms

Symptoms worsen and you are unable to take care of yourself such as showering, putting on clothes or making food.

Call your GP

Severe symptoms

Symptoms become severe such as difficulty breathing when resting, chest pain, coughing blood and/or fainting. Do not wait, call 000 immediately and let the operator know you have COVID-19.

Call 000

COVID-19 testing

You must get tested or take a test if you are unwell or are a close contact. A PCR test is free and available at clinics. You can also take a RAT at home.

To find a clinic for a **PCR** test visit **www.healthywa.wa.gov.au**

PCR is short for polymerase chain reaction.

You must register positive **RAT** results. To do this, call 13COVID (13 268 43) scan this QR code or visit **www.healthywa.wa.gov.au**

RAT is short for rapid antigen test.

What is a close contact?

To keep your friends and family safe, it is important to know if you are a close contact of someone with COVID-19.

Lives in the same house as you

Is an intimate partner

You spent 2 hours+ in a small room where masks have been removed

Is directed by WA Health that they are a close contact

15 mins+ interaction where you were both not wearing a mask

Testing and isolation protocols

If you test positive for COVID-19 or you are a close contact of someone who has, you will need to follow these testing and isolation protocols.

Scan for translated advice

I have tested positive for COVID-19

With COVID-19 in the community, it is important for you to know what to do to keep yourself and others safe. This protocol will help you know when and how long you need to isolate for if you are COVID-19 positive.

If you return a positive Rapid Antigen Test (RAT), you must register your result with the Department of Health.

Isolate at home for 7 days.

7days

No symptoms after 7 days No further test is required.
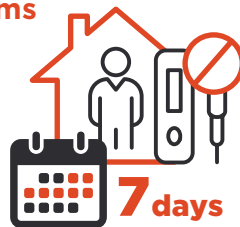
7days

Symptoms develop Remain in isolation until symptoms cease.

OR

You can leave home. Wear a mask indoors and outdoors for the next 7 days.

You are cleared by a medical professional.

Your close contacts must follow these protocols:

Close contact, no symptoms

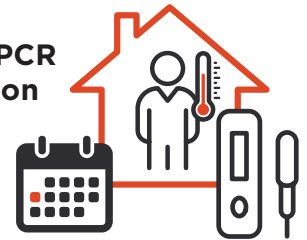Close contact, with symptoms

Close contact and a critical worker

I am a close contact and have no symptoms

This protocol will help you know what to do if you are a close contact but have no symptoms.

Isolate for 7 days from date of contact.

7 days

Take a PCR or RAT on day 1.

Symptoms
Refer to 'I am a close contact who develops symptoms' protocol.

Test negative
Continue to isolate. If you took a RAT on day 1, take another RAT 24 hours later and continue to isolate if negative. Take another PCR on day 6 or RAT on day 7.

Test positive
Refer to the 'I have tested positive to COVID-19' protocol.

Test negative
You can leave your home after day 7 of isolation, providing there are no new cases in your household. For the next 7 days, wear a mask indoors and outdoors and don't visit high risk settings (exemptions apply).

If someone in your household tests positive, isolate for 7 days (start this process again).

7 days

I am a close contact and a critical worker

This protocol is for critical workers who are close contacts of someone who tests positive for COVID-19.

This will come into effect with very high caseloads and when required.

Contact your employer
You may be exempt from isolation requirements in order to attend work but only if it is necessary for continuity of critical operations, and other options have been exhausted.
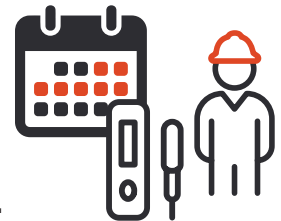
Symptoms
Refer to 'I am a close contact who develops symptoms' protocol.

No symptoms
To go to work, you must take a RAT every day for 7 days.

Test positive
Refer to the 'I have tested positive to COVID-19' protocol.

If you test negative and you are going to work:

- **you must isolate outside of work for 7 days**
- **wear a surgical mask outside home**
- **follow workplace safety requirements**
- **if possible, travel alone to work**
- **if not possible, wear a mask while car-pooling or using public transport**
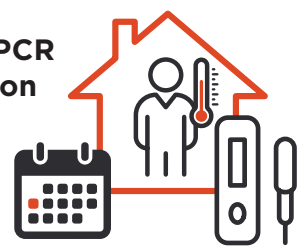
I am a close contact who develops symptoms

This protocol will help you if you have symptoms and are a symptomatic close contact of someone who has tested positive for COVID-19.

Isolate for 7 days from date of contact.

7 days
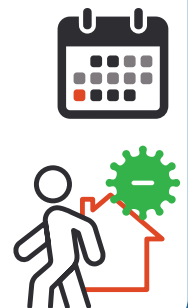
Take a PCR or RAT on day 1.

Test negative
Continue to isolate. If you took a RAT on day 1, take another 24 hours later and continue to isolate if negative. Take another PCR on day 6 or RAT on day 7.

24 hrs

Test positive
Refer to the 'I have tested positive to COVID-19' protocol.

Test negative
You can leave your home after day 7 of isolation, providing your day 6 PCR or day 7 RAT was negative and there are no new cases in your household.

For the next 7 days, wear a mask indoors and outdoors, and don't visit high risk settings (exemptions apply).
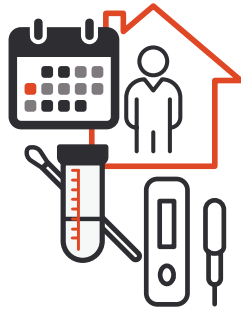
I am not a close contact and I have symptoms

This protocol will help you know what to do if you have symptoms.

Get a PCR or RAT on day 1 and isolate until your results come back.

Test negative
You are not required to isolate. But you should stay home where possible, until your symptoms clear.

Test positive
Refer to the 'I have tested positive to COVID-19' protocol.

Symptoms include:

Fever

Sore/scratchy throat

Runny nose

Fatigue

Shortness of breath

Dry cough

Living alone with COVID-19

If you test positive to COVID-19, you'll have to isolate. Here's a guide on **what you should and shouldn't do** during this time.

Things you should do:

- Ask someone to check on you over the phone or at your door
- Make and share a plan for any pets
- Ensure you have enough food as well as items such as a thermometer, pain relief medication and RATs
- Know where your nearest testing clinic is and how to get there if you are required to have a PCR test
- Do an activity or hobby at home that you enjoy

Things you shouldn't do:

- Don't leave your home unless you need medical help - this means you cannot go for a walk or go to the shops for any supplies
- Don't keep your test result a secret – make sure someone knows and is able to stay in touch with you
- Don't forget about your pets – if you need medical care, they'll need someone to care for them
- Don't panic buy – have enough supplies for one week

Living with COVID-19 in a shared household

If you test positive to COVID-19, you'll have to isolate. What does that mean for others in your household? Understand the requirements and have conversations with your household about how you can keep each other safe.

How do I isolate safely?

- Stay in a separate room - wear a mask if you need to leave the room

- Use a separate bathroom if possible

- Do not use shared rooms at the same time

- Wear a mask when using shared areas

- Do not share household items like dishes, cups, towels and bedding

- Practise good hygiene, like washing your hands before putting on and removing your face mask, and sneeze and cough into your arm

- Regularly clean all surfaces you touch as much as possible

- Have your food delivered to your door. Household members should wear masks and gloves when collecting your dishes and wash hands afterwards

How to use shared areas

- If you must share a room, everyone should wear a mask and keep a safe distance (1.5m)

- Before leaving any shared rooms, wipe down all surfaces with disinfectant

- Increase ventilation - keep windows and outside doors open where possible to let fresh air inside

- The people you live with should clean other shared surfaces with disinfectant often

- Handle your own laundry where possible and wipe down the washing machine buttons and dials with disinfectant. Do your washing on the hottest available temperature. If someone else needs to do your laundry they should wear a mask, minimise handling as much as possible and wash hands afterwards

Information for parents

Q. **My child is a close contact. Do I need to self isolate with my child?**

A. Not always. If your child and main carer can isolate independently in a separate area of the house, the rest of the household may be able to continue normal activities.

If you do not have a separate area in the house for your child, everyone in the house must isolate.

Q. **My child has tested positive for COVID-19. What must I do?**

A. If your child tests positive, do not send them to school or day care. Other members of the household become close contacts and must self isolate.

If you or someone in the household tests positive for COVID-19, then your child becomes a close contact and must not go to school or day care.

Visit WA.gov.au for for more information

Note, the Omicron strain can present with less typical symptoms such as diarrhoea, particularly in children.

Looking after your mental health

It's normal to feel stressed, anxious or overwhelmed. There are things you can do to improve how you feel by focusing on what you can control.

You can try to:

- Be kind to yourself
- Focus on the things that are going well
- Prioritise things that bring you joy
- Remember that things will change

- Stay connected with others
- Look after your physical health and practise good hygiene
- Don't only read bad news
- Make sure information is from a trusted source
- Ask for help if you feel sad or scared

Don't forget to also look after your physical health by exercising and eating healthy food.

Visit thinkmentalhealthwa.com.au for more information

think
MENTAL HEALTH

COVID Care at Home

Most people with COVID-19 can care for themselves with some support from their GP.

WA COVID Care at Home is a free service for home monitoring care for COVID-positive people who are at a high risk of requiring hospitalisation.

www.healthywa.wa.gov.au

Scan the QR code to find out more.

Important numbers

Doctor: _____

Pharmacist: _____

Vet: _____

Support person: _____

School: _____

Other: _____

_____

_____

WA.gov.au