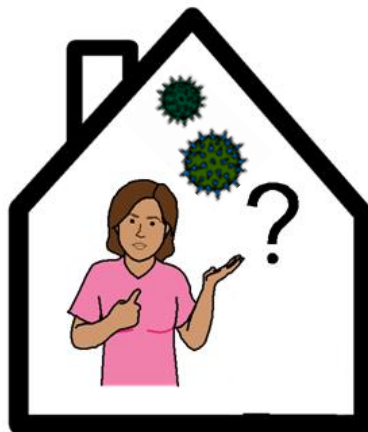


Coronavirus (COVID - 19)

Information



I have COVID - 19.

What do I do?

Easy Read

Hard Words



This fact sheet has some hard words.

The first time we write a hard word

- the hard word is in **blue**
- we will write what the hard word means



You **can** get help with this fact sheet.

You **can** get someone to help you

- read this fact sheet
- know what it says
- find more information



This fact sheet is about what to do if you

- have COVID – 19
- think you have COVID – 19.



You have COVID-19 if

- you had COVID **PCR test** and your test result is positive.

A **PCR test** is a COVID test you have at a testing centre.



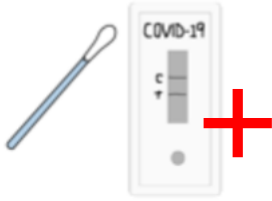
ACT Health will phone or text you to say you have COVID.



You **very likely** have COVID-19 if

- you had a **Rapid Antigen Test (RAT)** and your test result is positive.

A **Rapid Antigen Test (RAT)** is a COVID test you do at home.



If you get a positive RAT result



- you must fill in the [RAT Positive Result Registration Form](https://www.covid19.act.gov.au/stay-safe-and-healthy/rapid-antigen-test-rat-positive-result-registration-form) online.



<https://www.covid19.act.gov.au/stay-safe-and-healthy/rapid-antigen-test-rat-positive-result-registration-form>

The **RAT Positive Result Registration Form** is an important way for ACT Health to

- know who has COVID-19
- help people with COVID-19.



- you do **not** need to get a COVID PCR test.



You **may** also have COVID-19 if

- you have **symptoms of COVID -19** but did **not** have a COVID test yet.



Some **common symptoms of COVID-19** are

- fever
- cough
- sore throat
- trouble breathing



Other symptoms are



- runny nose or blocked nose



- headache



- feeling tired



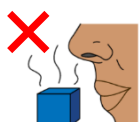
- body pains



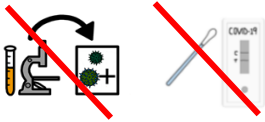
- feeling sick in the tummy



- diarrhoea or vomiting

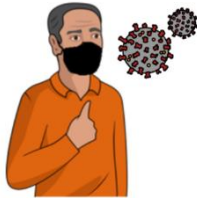


- loss of sense of smell or taste.



Many people can **not** get a COVID PCR test or a RAT at this time.

If you have symptoms of COVID -19 and can **not** get a test



- think and respond like you have COVID -19
- follow the same rules as a person who has COVID -19.



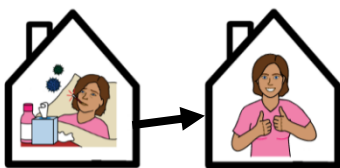
What to do if you have COVID-19

1. Stay calm.



Most people with COVID

- do **not** need to go to hospital
- can get better at home.



2. Stay at home and **isolate**.

Isolate means stay in your room and away from the other people in your home.

Read [How to look after yourself at home](#) (page 12).

You can only leave home



- to get a COVID PCR test



- to visit the [COVID-19 clinic](#) (Page 9)



- for emergency medical care



- in an emergency, like violence at home.



3. Tell people you have COVID-19.

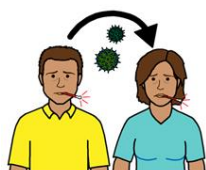
- Tell a [support person](#)



A **support person** is a person who can check on you in person or by phone every day.



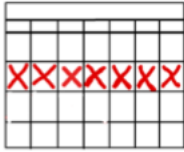
- Tell any person you spent time with inside a house or other inside place from **2 days before** you got COVID symptoms, like family, friends, neighbours, or support workers.



People you were close to may also need to isolate and get tested for COVID-19.



- Tell your work. You can **not** go to work for at least **7** days.



- Cancel any appointments you have for the next **7** days.



- Tell your GP by phone **if**



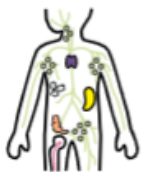
- you are over **65**

- you are pregnant

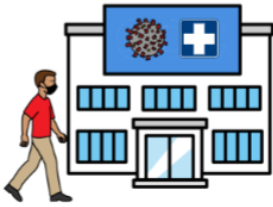


- you are **not** fully vaccinated and have a disease like diabetes, obesity, kidney, heart, liver or lung disease

- you are **immunocompromised**



Immunocompromised means you have a health problem that makes it hard for your body to fight disease.



If you want to talk to a health worker **in person**, you can visit the **COVID – 19 clinic**.

The **COVID-19 clinic** is a medical centre for people who have COVID.

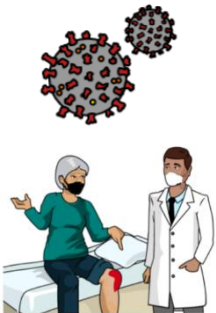


The **COVID-19 Clinic**

- The COVID-19 Surge Centre, Garran Oval
123 Kitchener St, Garran
- open every day from **7.30** am to **10** pm.

You can go to the COVID clinic for

- help for COVID symptoms
- treatment for minor injuries or illnesses, like cuts and sprains.



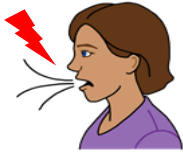
You do **not** need an appointment to go to the COVID-19 Clinic.



The service is free.



4. Go to hospital or call 000 if



- you have trouble breathing. For example, you can **not** speak easily because you need to breathe between words.



- you faint or you feel very sleepy, like you might faint or go unconscious



- your skin turns blue or very white or feels cold and sticky



- you have pain in your chest or feel heavy in your chest



- you feel dizzy or confused



- you can **not** do a wee



- blood comes when you cough.

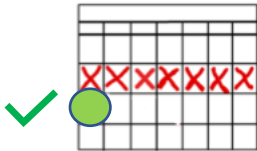


Tell the hospital or emergency services you have COVID-19.



5. Stay at home and in isolation for at least 7 days.

You can leave isolation



- after at least **7** days from the time you got COVID-19

and



- when you have **no more** symptoms of COVID-19

and



- ACT Health tells you you can leave isolation in an email or text message.



You can find more information about when you can leave isolation here



[Recovering from COVID-19 - COVID-19 \(act.gov.au\)](https://act.gov.au/Recovering-from-COVID-19)



How to look after yourself at home



1. If your COVID symptoms are very bad, like on page 10 of this factsheet call 000.



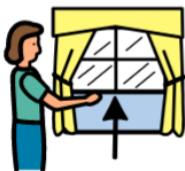
2. Make sure you stay away from other people who live with you.



- Stay in your bedroom or separate place in the house from others



- Use a different bathroom from others if you have one



- Open windows to keep air moving



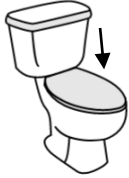
- Wash your hands often



- Wear a mask in rooms other people also use, like the kitchen or living room



- Clean places and things you use that other people will also use, like sinks and door handles



- Close the toilet lid before you flush



- Do **not** have visitors unless they are there to care for you.



3. You and the people you live with need food and medicine for at least **7** days.



- Ask a support person or friend to get you food and medicine

or



- use a home delivery service to get food and medicine, like Woolworths or Coles or your local pharmacy.



4. Sleep and rest

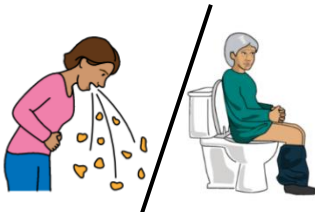


5. Drink water or other fluids often



6. Take medicine for symptoms of pain or fever

- Medicines like Paracetamol and Ibuprofen are OK to take for pain and fever
- Take throat lozenges for a sore throat.



7. If you feel sick in the tummy or have vomiting and diarrhoea



- eat small meals

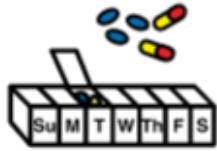


- drink more so that your wee is clear in colour, **not** dark yellow



- drink **oral rehydration solution** like Gastrolyte or Hydrolyte.

Oral rehydration solution is a special mix of water, salts and sugars.



8. Take your usual medicine as normal, unless your doctor says not to.

9. If you are worried about your symptoms, call



- HealthDirect **1800 022 222**



or

- your GP

or visit



- COVID-19 Clinic, Surge Centre in Garran



You can find more information about how to look after yourself and family members here -

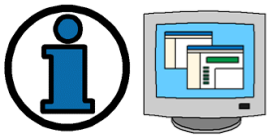


[Managing COVID-19 at home | Health \(act.gov.au\)](https://act.gov.au/health)



Health Direct Symptom Checker

[healthdirect Symptom Checker | healthdirect](#)



Useful links

Government COVID-19 information and resources



- **ACT**
<http://www.covid19.act.gov.au/>



- **NSW**
[COVID-19 | NSW Government](#)



Australian Government

- **Australia**
[Coronavirus \(COVID-19\) - Official Australian Government information](#)



Government Easy Read resources

<https://www.health.gov.au/resources/collections/coronavirus-covid-19-easy-read-resources>

<https://www.covid19.act.gov.au/services-and-support/easy-read-resources>



COVID-19 Information in your language

[SBS Language | Coronavirus Vaccine and COVID-19 updates in your language](#)



ACT Government COVID-19 Helpline

02 6207 7244



8am to 6pm Monday to Friday

9am to 5pm weekends and Public Holidays.

Advocacy for Inclusion wrote the Easy English

Contact details

2.02 Griffin Centre, 20 Genge Street Canberra City ACT 2601

Phone: 6257 4005

Email: info@advocacyforinclusion.org

ABN: 90 670 934 099

Image Acknowledgments

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Solana Beach, CA 92075. Phone 858-550-0084

Content Acknowledgments

ACT Govt COVID-19 website information

[Home - COVID-19 \(act.gov.au\)](https://act.gov.au)

ACT Health

[Health \(act.gov.au\)](https://act.gov.au)

HealthDirect

[Managing COVID-19 at home - treatments, monitoring symptoms and recovery | healthdirect](https://healthdirect.gov.au/COVID-19)

January 2022