

COVID-19 Infection-Patient Information (QLD)

The following information is intended for patients of our practice who have recently tested positive for COVID-19 (SARS-CoV-2 virus)

If you have tested positive for COVID-19, you must immediately:

- Self-isolate in your home or accommodation.
- Inform any close contacts so they can get tested and isolate for 7 days.
- If you have tested positive via a RAT test, register your positive test online (<https://www.qld.gov.au/rat-positive/rapid-antigen-test-registration>) or by phoning 134 COVID (13 42 68).

What to expect when you test positive for COVID-19 in Queensland

Please see the link below for the steps you should take when you first test positive for COVID-19:

[First steps if you have COVID-19 | Health and wellbeing | Queensland Government \(www.qld.gov.au\)](https://www.qld.gov.au/health-and-wellbeing/first-steps-if-you-have-covid-19)

You may be sent an SMS by Queensland Health to better understand your healthcare needs. Please reply to any SMS or call that you receive from Queensland Health. You may call 13 HEALTH for advice, at any time.

For most people, COVID-19 is a mild viral illness that can be safely managed at home. The common symptoms include fever (high temperature), cough, shortness of breath, loss of taste and smell, fatigue, headache, muscle aches, runny nose, abdominal pain, difficulties with memory or confusion, loss of appetite, diarrhoea.

However, if you are **over 65 years old, pregnant, immunosuppressed or have other medical conditions**, you may be at higher risk of more serious disease. You may be contacted by the QLD Health Assessment Team, who will give you advice but if not, you should book a telephone or video consultation with your GP, via online booking if possible. If booking by phone, let the receptionist know that you are COVID positive, and you are at higher risk, so your appointment can be prioritised.

For advice on monitoring symptoms and when to access help:

If you have Mild symptoms, you should be able to remain safely at home.

Mild symptoms:

- Runny or blocked nose
- Sore throat
- Aches and pains
- Dry cough
- Headache
- Loss of sense of taste or smell
- Loss of appetite or nausea and diarrhoea

Someone with mild symptoms should be able to speak in full sentences and move around the house to do normal activities without becoming breathless.

If you are experiencing mild symptoms, you should:

- Rest
- stay well hydrated
- Take paracetamol/ ibuprofen
- Continue your regular medications



You may find it helpful to use the symptom diary link below, to determine if your symptoms are worsening.
[A4L_Symptoms-diary_23-12-21-INTERACTIVE.pdf \(www.qld.gov.au\)](#)

Worsening symptoms:

If your symptoms are worsening, but you do not believe you require admission to hospital, then please arrange a telehealth appointment with your GP. Further information is also available on the QLD Health website at <https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/stay-informed/i-have-covid/medical-care-if-you-have-covid-19>

If you start to feel very unwell, such as severe headaches or dizziness, difficulty breathing, chest pain or any other medical emergency, you should immediately call triple zero (000) for an ambulance (tell them you have COVID-19 and are isolating at home). As a COVID-19 patient in community quarantine, you will not be charged for an ambulance if you need one.

You can leave isolation 7 days after your positive test is taken, if you have had no symptoms. There is no requirement for a further COVID test after having a positive result. More information is available at:

<https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/stay-informed/i-have-covid/isolation/ending-isolation>

Useful resources for information about managing COVID-19 at home:

The RACGP's [Managing mild symptoms at home with assistance from your GP](#), is a national document so not all services are available in Queensland.

Useful links for managing COVID Infection:

["I Have COVID" QLD Health](#)

[QLD Children's Hospital FAQ's for children and COVID](#)

[COVID Information for Pregnant Women from RANZCOG](#)

[Support Services for those with COVID](#)