

How to Manage COVID-19 at Home

Can I manage my COVID-19 at home?

South Western Sydney is moving towards people self-managing their COVID-19 infection. This is because the majority of people are now double vaccinated and Omicron does not appear to affect people as strongly as early forms of COVID-19. This means COVID-19 is usually not severe or life-threatening.

Most people can safely manage COVID-19 at home while you are isolating if:

- You have had at least two doses of COVID-19 vaccination
- You are under 65 years of age
- You do not have any chronic conditions, such as obesity, diabetes, immunocompromised or have a severe mental illness or chronic and complex medical condition
- You are not pregnant

If you meet one of the criteria above, it is recommended that you speak with your GP about additional supports.

What do I need to do?

You must isolate for seven days from the day you were tested. That means you should not leave your home unless seeking emergency medical care or to avoid an emergency situation such as domestic violence.

If you live with other people, there are some simple steps to reduce the chance of infecting others:

- Do not be in the same room as another person even if they are also in isolation. This includes sleeping in a separate room.
- Use a separate bathroom if you can, or clean a shared bathroom after use
- Avoid sharing household items such as dishes, cups, towels and bedding and always wash them after use.

It is important to make sure you have enough food and water. If you take medications, make sure you have enough to last through your isolation period. If you have care needs such as needing help to go to the toilet, speak to the NSW COVID-19 Care at Home Support line on **1800 960 933** for assistance.

It is also good to have a support person who can phone you each day to make sure you are doing ok. This could be a family member or friend.

What can I expect?

Most people who have been double vaccinated have compared COVID-19 to a cold. You may feel some of the following symptoms:

- Fever
- Cold and flu like symptoms, such as runny or blocked nose, sore throat, cough
- Shortness of breath
- Nausea or diarrhoea
- Change in taste or smell (although this does not appear to happen as much with Omicron strain)

When should I call an ambulance?



Phone Triple 0 (000) immediately if you are having trouble breathing, have chest pain or feel faint. Let them know you have COVID and put a face mask on when they arrive.

How to manage COVID-19 at home

Most of these symptoms are easily managed. Ensure you get plenty of rest and are keeping your fluid levels up by regularly drinking water. You can also take over the counter medications (such as paracetamol, ibuprofen, cough medicine or throat lozenges) if you are feeling any discomfort. For other ways to manage the symptoms, see [NSW Health: Common Symptoms and Remedies](#).



If you have concerns about your symptoms, contact your GP or Healthdirect on **1800 022 222** or the NSW Health COVID-19 Care at Home Support Line on **1800 960 933**.

When does my isolation end?

You must self-isolate for seven days from the day you tested positive. You can only leave self-isolation after seven days if you do not have a sore throat, runny nose, cough or shortness of breath.

If you have a sore throat, runny nose, cough or shortness of breath in the last 24 hours of your isolation. please call your GP or the NSW Care at Home Support Line on **1800 960 933** for further advice.

What questions could I ask my doctor?

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- ☐ What supports are available to help me when I am in isolation?
 - ☐ How can I manage my symptoms?
 - ☐ When should I call an ambulance?
 - ☐ What should I do if my symptoms get worse?
 - ☐ Do you want to see me after my isolation period has ended?

What supports are available?

There are a number of support services to assist you while in isolation. These include financial support, access to food deliveries, mental health crisis lines and others. Speak to your GP or the NSW Care at Home Support Line on **1800 960 933** for a referral to services in your area.

Where can I learn more?

- **NSW Health** - How to manage COVID-19 safely at home: health.nsw.gov.au
- **HealthDirect** - Managing COVID-19 at home: healthdirect.org.au
- **Multicultural Health Communication Service** - COVID-19 translated resources (isolation): health.nsw.gov.au
- **RACGP** - Managing COVID-19 at home with assistance from your general practice: racgp.org.au

This information is designed to be used by someone who has tested positive for COVID-19

Health Resource Directory is an initiative of South Western Sydney PHN

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