

# Coronavirus (COVID-19)

## What is COVID-19?

COVID-19 is a new type of virus. It was first detected in 2019. It is infectious and can spread through saliva droplets when an infected person sneezes, coughs, speaks or breathes. or coughs.

For many people, COVID-19 only causes mild symptoms. The most common symptoms include fever, cough, shortness of breath and a sore throat. Some people are more at risk of having severe symptoms. This includes the elderly and people with pre-existing medical conditions.

You can test yourself for COVID-19 at home using an at home test kit, or see your GP to get tested.

## What should I do if I test positive to COVID-19?

If you test positive to COVID-19, you can usually [manage your illness at home](#).

It is important to practise good hygiene and stay away from other people while you have COVID-19. To reduce your risk of infecting others, NSW Health recommends you:

- Stay home until your symptoms go away
- See your GP if you are eligible for antiviral medicines
- Don't visit anyone in an aged care home
- Don't visit anyone who is at high risk of severe illness
- Avoid large crowds
- Talk to your employer about when you should return to work
- Tell the people you have been close to recently

If you are pregnant and test positive to COVID-19, you can safely stay home to manage your illness. Keep a close eye on your baby's movements, call your antenatal care provider immediately if there are any changes or if you have any other concerns about your pregnancy.

## What will my GP do?

If you have any COVID-19 symptoms and need to visit your GP, it is very important to let them know before you visit. If you can't see your usual GP, use the Healthdirect Service Finder to find an available healthcare provider.

## What can I do?

Monitor your symptoms and see your GP if they get worse.

If you need to leave the house while you have symptoms, wear a mask and practise good hygiene. This includes washing your hands with soap and water frequently, covering your coughs and sneezes, sanitising your hands when possible and taking extra care to avoid being close to other people.

## What supports are available?

### Head to Health

Head to Health offers a safe and welcoming place for people to access mental health information, services and supports from multidisciplinary care teams over extended hours. Anyone can reach out for support for themselves or a loved one. It is free and no appointment or referral is needed. Call [1800 595 212](tel:1800595212).

## 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-19 and put a face mask on when they arrive.

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## What questions could I ask my doctor?

- Should I get tested?*
- What about the people I live and work with?*
- Who can I talk to if I need support?*
- What can I do to prevent being infected?*
- Should I get the flu vaccine?*
- Why is physical distancing important?*



## Where can I learn more?

- **NSW Health** - COVID-19 (Coronavirus): [nsw.gov.au](https://nsw.gov.au)
- **Healthdirect Australia** - COVID-19: [healthdirect.gov.au](https://healthdirect.gov.au)
- **South Western Sydney Primary Health Network (SWSPHN)** - COVID-19: [swsphn.com.au](https://swsphn.com.au)

This information is to be viewed by someone who has received a diagnosis from their doctor. It is not designed to be used to diagnose a condition or as a substitute for ongoing medical care

Health Resource Directory factsheets are endorsed by South Western Sydney PHN's Community Advisory Committee and local GPs

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