How to manage COVID-19 at home

Can I manage my COVID-19 at home?

Most people can safely manage COVID-19 at home. This means if you get COVID-19, it is usually not severe or life-threatening. If you have not had the recommended dose of COVID-19 vaccine, are over 65 years of age, have a chronic health condition or are pregnant, you may need additional support. Speak to your GP about how to manage your COVID-19.

What can I do to manage my COVID-19 at home?

There are currently no rules in NSW which mean you to self-isolate if you test positive to COVID-19. It is strongly recommended you stay home until your symptoms have gone and take steps to protect others.

If you test positive for COVID-19, you should let the people you have been close to recently know.

If you are concerned about your symptoms, you should call your GP.

If you live alone, it is 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.

If you are at higher risk for severe illness and have tested positive, talk to your GP. You may be able to use antiviral medicines. These medicines work best if they are taken as soon as possible.

You should also tell your employer if you test positive for COVID-19. Depending on your role, you may have to take additional steps to protect yourself and others.

What can I expect?

Most people who have been fully vaccinated say having COVID-19 is similar to having 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

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 have concerns about your symptoms, contact your GP, Healthdirect on 1800 022 222.

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.

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.

What questions could I ask my doctor?

- [ ] *What should I do if my symptoms get worse?*
- [ ] *Is treatment right for me?*
- [ ] *When should I call an ambulance?*

- [ ] *How can I protect the people I live with?*
- [ ] *Am I allowed to travel?*
- [ ] *What can I do to stay healthy?*

Where can I learn more?

- **NSW Health -** Testing positive to COVID-19 and managing COVID-19 safely at home: nsw.gov.au
- **Healthdirect Australia -** Managing COVID-19 at home: healthdirect.gov.au
- **Multicultural health communication service -** COVID-19 translated resources: health.nsw.gov.au
- **RACGP -** Managing COVID-19 at home with assistance from your general practice: racgp.org.au

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