

What to do if you think you have COVID-19 – Important Information for onshore students

We urge you to monitor your symptoms and ask that you undertake a Rapid Antigen Test (RAT). The information below, will help you with details around how to access the RAT and what to do if you return a positive result.

You should attend a walk-in or drive-through COVID-19 testing clinic if you:

- have COVID-19 symptoms
- are a close contact of someone who has tested positive
- have been advised to do so by a health professional.

If you have COVID-19 symptoms you can have unlimited tests (rapid antigen or PCR) at a COVID-19 testing clinic. Isolate at home until you receive your result.

Accessing rapid antigen tests (in Australia):

Rapid antigen tests are available to purchase at participating pharmacies, supermarkets, and other retail outlets.

You can access up to 10 free rapid antigen tests from pharmacies over a 3 month period

If you test positive

If your rapid antigen or PCR test returns a positive result **you must isolate at home.** In the event where you took a PCR test your local health department will contact you.

If you took a rapid antigen test you must let health authorities know. Call your local health department, or the National Coronavirus Helpline (1800 020 080) to register as a COVID-19 positive case.

Once you have completed your 7 day isolation at home and do not have any of the symptoms, you can attend classes on campus.

Isolation means:

staying at home – do not attend work or school, visit public areas, or travel on public transport, in taxis or ride-share services. If you have an appointment you cannot miss – such as a visit to a doctor, family violence service or police – you must tell them that you have COVID-19.

You should stay separated from other people in your house. Stay in a separate, well-ventilated room away from other people.

If you cannot isolate in a separate room you should:

- avoid shared spaces in the house as much as possible
- wear a mask when moving through shared areas
- wipe down any surfaces you touch COVID positive
- if you can, use a separate bathroom that others do not use. If you share a bathroom, wipe down any surface you touch and flush the toilet with a closed lid
- do not let visitors enter your home, unless they are providing necessary medical or personal care, or emergency services
- have all groceries and other essential items delivered to your home.

The people who usually live in your house with you can stay there if they are unable to live somewhere else during this time. If they stay, they are contacts and need to isolate too.

If you have a household contact who has a weak immune system, is elderly or has another risk for severe COVID-19, contact your state/territory health department to see if they can help with finding them places to stay.

Ensure you share this information with the members of your household.

Try to get plenty of rest, drink lots of water and eat well. You can still do moderate exercise if you feel well enough, within your home and/or garden if you have one.

Seek urgent medical attention if develop severe symptoms such as:

- difficulty breathing
- an oxygen level of less than 92% when tested with a pulse oximeter
- blue lips or face
- pain or pressure in the chest
- cold and clammy, or pale and mottled, skin
- fainting or collapsing
- being confused
- becoming difficult to wake up
- little or no urine output
- coughing up blood.