

COVID-19 TEST INFORMATION

Today you were tested for the virus that causes COVID-19 at MOSTYN STREET CLINIC

The pathology lab will send you a text message with your results. This usually takes around 2-5 days.

If you have not received a text message after five days, call **Melbourne Pathology Results Department** on 9287 7700.

Everyone tested for COVID-19 must self-isolate until...

- Melbourne Pathology or your doctor lets you know that your test results are negative OR NOT DETECTED for COVID-19; AND
- It has been 48 hours since you experienced ANY cold or flu-like symptoms

What are the common symptoms of COVID-19?

- Fever
- Coughing
- Tiredness
- Sore throat
- Shortness of breath
- Runny nose
- Loss of sense of smell or taste

Signs you may be seriously unwell:

- Difficulty breathing
- Chest pain or pressure
- Loss of speech or movement

What should I do if I keep feeling unwell?

If your test result is negative but you are still feeling unwell, call the clinic on 5472 1255 You may need a second test.

What should I do if I feel seriously unwell?

- Call 000 – tell them you have COVID-19 symptoms, even if your result was negative
- If you are directed to go to your local hospital, call ahead to let them know you have COVID-19 symptoms
Castlemaine Health – 5471 3555

What does 'self-isolate' mean?

Even though most people tested for COVID-19 do not have the virus, it is extremely contagious so you must avoid other people just in case you do have it. Even mildly unwell people can spread the virus.

- Go straight home after your test – do not make any stops along your way
- Organise to have groceries or medicines delivered by the stores or friends and family
- Have any deliveries dropped off at your door – do not have contact with the delivery person
- Let your work or school know that you will not be able to attend until no longer required to self-isolate
- Reschedule any appointments or organise to hold them over the phone or internet
 - DO NOT go to any shops or other public places
 - DO NOT have people visit your home (other than to deliver goods outside the door)

What should I do to keep people in my house safe?

It is not always possible to self-isolate from people in your own home. If possible, keep a 1.5m distance.

Most of all, everyone in the house should practice good hygiene (including lots of hand washing).

If someone you have been in contact with develops ANY symptoms they MUST self-isolate and arrange to be tested.

If you test positive for COVID-19, your household should also immediately self-isolate. DHHS will call you.

More Information: COVID Hotline 1800 675 398 (24 hours, 7 days a week) or www.dhhs.vic.gov.au/coronavirus