

Novel Coronavirus



I'm being tested. What do I need to know?

Where do I need to go to get the test done?

Testing for this virus is only available at a few places in Tasmania. Your doctor will tell you where you need to go.

When do I need to have the test done?

You'll need to book an appointment to have your test done. Your doctor will give you a number to call. It is important that you keep that appointment. If you run late, phone the testing service to let them know.

How do I get there?

If you travel by private car / vehicle

- minimise the number of people in the car with you
- wear a facemask to protect anyone else in your car (facemasks work best when worn by people who are sick, not people who are healthy)
- wash your hands often and thoroughly, with soap and water (or alcohol-based hand rub), and tell people traveling with you to wash their hands often
- drive straight to the place you need to have the test done; don't pop into the shop, petrol station, chemist or even your best friend's house on the way there or the way back.

If you don't have private transport, tell your GP or phone the Public Health Hotline (1800 671 738) for advice and help. **Do not catch a bus or use a taxi or Uber.**

What will the test involve?

To test for the virus, a healthcare worker will take swabs from your nose and throat. To protect themselves when they are in close contact with you, the nurse or doctor will wear a facemask and safety goggles.

The swabs will be sent to the Royal Hobart Hospital for testing.

What do I need to do while I'm waiting for my results?

1. **Stay at home.** Do not go to work, school, childcare or university. Ask someone to help with your groceries and other things you need at home. If you need help with this, please call the Public Health Hotline on 1800 671 738.
2. **Cover coughs and sneezes.** If you don't have a tissue, use the inside of your elbow. Put used tissues in the rubbish straight after use and wash your hands.
3. **Wash and dry your hands often,** with soap and water, or alcohol-based hand rub. Viruses can survive for short periods of time on surfaces and can spread through hand contact.
4. **Keep your distance or wear a mask.** Avoid shared spaces in your home. Sleep in a separate bed and use a separate bathroom if you can. Wear a facemask if there are people around you when you are at home.
5. **Know when and how to seek further help.**
Call your doctor if you are concerned about your health.
If you have trouble breathing or become very sick, call 000 for an ambulance straight away. Tell them you've been told you may have coronavirus.



How will I get my test results?

Your doctor will contact you when your results are ready. This will usually be within 1 to 2 days. If you have a positive result, Public Health Services will also contact you.

If you have a negative result, you can go back to doing your normal daily activities unless you have recently returned from mainland China. If you have recently travelled to mainland China, you will need to continue to self-isolate until 14 days have passed since your return.

Where can I get more information?

The Australian Government has more detailed information on their website:

www.health.gov.au/resources/publications/coronavirus-covid-19-information-about-home-isolation-when-unwell-suspected-or-confirmed-cases

You can also call the Tasmanian Public Health Hotline on 1800 671 738 if you need help or more information.