

Managing COVID at Home

This document was adapted from the original message by Dr Ian Marr.

<https://www.health.act.gov.au/news/managing-covid-19-home>



- With the high rates of community transmission in the ACT, there is a strong chance that you or your family members may get COVID.

Here are a few ways to prepare if you or your household need to isolate.



Useful Items to have at home.

Frozen meals or prepare meals to freeze
Pain relief medications
Heat/cold packs
Rehydration tablets or sachets
Icy poles
Thermometer



Identify someone who can help.

It could be a neighbour, a friend, or a family member. This person would be the person to contact if help is needed.

If you suspect you're sick with COVID...

- Please **isolate at home** and **test at an ACT Health Testing Clinic** or **by using a Rapid Antigen Test (RAT)**.
- Continue to **isolate at home** while waiting for your results. If you're unwell you can **reach out to your GP for support using telehealth**. Your practice will be able to help you with setting up for a telehealth appointment.
- Continue to **rest, stay hydrated** and **take pain relief medications** if required.
- Talk to your GP** about whether you would benefit from the **Care@Home program**. The program supports people who have tested positive for COVID and who are unvaccinated, immune-compromised or are concerned about their symptoms.
- If your symptoms are **mild** please **do not go to the hospital**.

For children...

Most children who test positive for COVID **can be safely cared for at home by their usual carers, even if they are unvaccinated**.

For people who are at risk for severe illness or unvaccinated...

Get tested at the earliest signs of symptoms. You might be able to get treatments that must be started within the first few days of illness. The Care@Home program can facilitate this and your GP will let you know whether you can get these treatments.

If you get very ill...

- If your symptoms are **very bad, call Triple Zero (000) straight away**. Tell the phone operator you've been diagnosed with or are waiting for a test result for COVID and have very bad symptoms, and that you need an ambulance.
- If you decide to go to the **Emergency Department** without an ambulance, **please contact them before going** and **let them know that you're a confirmed COVID case. Wear a mask**, and switch to the provided surgical mask outside on arrival.

Here's what to expect if you get COVID

- You may experience mild symptoms and feel better in 3-4 days. A small proportion of people may feel quite unwell for 7-14 days.
- Initial symptoms may include a fever, sore throat, muscle pain and loss of taste.
- Between Day 5 to 7, some people may be well on the way to recovery. Others may begin to experience shortness of breath.
- The ACT Walk-in Clinic at the Garran Surge Centre provides treatment for non-life threatening injuries like cuts, sprains, bites, infections and wounds as well as your COVID symptoms.
- If you do have respiratory symptoms, a pulse oximeter will be useful to measure your oxygen levels to update your GP or the Care@Home team. They will be able to assess whether you need to be referred to Hospital in the Home or the Emergency Department.
- If you are a registered patient at higher risk of experiencing severe illness, the Care@Home program will provide you a kit which includes a pulse oximeter, and will regularly check in with you.
- If your condition worsens, the Care@Home Support Line should be contacted first (02 5124 3085). They will assess whether it is necessary to call an ambulance.
- If you need to go to hospital, bring a mobile phone or tablet and a charger so you can stay in contact with family and friends.

Click or visit the website if you need more information...

Information for people who test positive for COVID-19

<https://www.covid19.act.gov.au/stay-safe-and-healthy/isolation-information-for-people-with-confirmed-covid-19>