

# 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



## 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.

## 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.

## 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>