COVID-19 Infection-Patient Information

The following information is intended for patients of our practice who have recently tested positive for COVID-19 (SARS-CoV-2 virus)

If you have tested positive for COVID-19, you must immediately:
- Self-isolate in your home or accommodation.
- Inform any close contacts so they can get tested and isolate for 7 days.
- If you have tested positive via a RAT test, register your positive test online (https://forms.sa.gov.au/#/form/61d8bc18ad9c585180ab5454/app/61df60504d433192405c5b3f) or by phoning the SA COVID information line on 1800 253 787.

You will be sent an initial SMS to better understand your healthcare needs which will be assessed by the COVID-19 Response Care Team. Please remember to report symptoms via the daily Symptom Checker SMS or on the telephone to the SA Health GP Assessment team on 1800 272 872.

For most people, COVID-19 is a mild viral illness that can be safely managed at home. The common symptoms include fever (high temperature), cough, shortness of breath, loss of taste and smell, fatigue, headache, muscle aches, runny nose, abdominal pain, difficulties with memory or confusion, loss of appetite, diarrhoea.

However, if you are **over 65 years old, pregnant, immunosuppressed or have other medical conditions** you may be at higher risk of more serious disease. You may be contacted by the SA Health GP Assessment Team (GPAT) who will give you advice but if not, you should book a telephone or video consultation with your GP, via online booking if possible. If booking by phone, let the receptionist know that you are COVID positive so we can try to prioritise your appointment.

If you are unvaccinated or are at high risk for severe disease, you may be eligible for a Monoclonal Antibody (Sotrovimab) infusion. The GP Assessment Team or your GP will be able to discuss this with you.

For advice on monitoring symptoms and when to access help:
Refer to this COVID-19 Response Care Team information leaflet

If you start to feel very unwell, such as severe headaches or dizziness, difficulty breathing, chest pain or any other medical emergency, you should immediately call triple zero (000) for an ambulance (tell them you have COVID-19 and are isolating at home). As a COVID-19 patient in community quarantine, you will not be charged for an ambulance if you need one.

You can leave isolation 10 days after your positive test is taken, and SA Health will send you an SMS to advise the date. There is no requirement for a further COVID test after having a positive result. If you have any remaining symptoms at day 10, please contact your GP.

Useful phone numbers
- Health Direct 1800 022 222 – for any advice regarding your condition
- COVID-19 Response Care Team 1800 272 872
- COVID-19 Information line on 1800 253 787 (8am-8pm, everyday)
- COVID-19 Mental Health Support line on 1800 632 753 (8am-8pm, everyday)

Useful website links to further information
- *Managing COVID-19 at home:* RACGP and SA Health
- *Children with COVID-19:* https://www.wch.sa.gov.au/covid-19/covidkids
- *Pregnant women with COVID-19:* https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/services/hospitals/flinders+medical+centre/services+and+clinics+at+flinders+medical+centre/services+at+flinders+medical+centre/pregnant+women+-+covid-19+maternity+care+at+flinders+medical+centre
- *Information regarding close contacts:* https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/conditions/infectious+diseases/covid-19/testing+and+tracing/close+contacts