

## Testing for COVID 19

### Protecting the Community from Coronavirus (COVID-19)

**It is important that you stay home if you are unwell.** If you have cold or flu like symptoms you should seek medical advice about having a test for COVID-19. People with mild symptoms can still spread the virus.

Symptoms to watch for are

- Fever (temperature above 37.5degC)
- Sore throat
- Sneezing
- Coughing
- Loss of Taste
- Loss of Smell

### Testing for COVID-19

Testing identifies if patients have COVID-19 and helps health authorities track the spread of the virus.

Early diagnosis means you can take steps to avoid spreading the virus to your friends or family. If you have a fever, cough, sore throat or shortness of breath, it is important you get tested.

Testing is even more important if you are unwell and:

- You have recently returned to Australia from overseas. All travellers will be quarantined for 14 days on arrival into Australia;
- You have been in close contact with someone diagnosed with COVID-19 in the past 14 days;
- You are a health care, aged care or residential care worker or staff member with direct patient contact. You need to let the testing centre know this so they can prioritise your results.

### Where can I get tested?

You can contact your doctor to arrange a test or you can attend a respiratory clinic. If you visit your doctor, it is important to contact the clinic first and tell them your symptoms. This will help them prepare for your arrival and protect other people at the clinic.

- To find a respiratory clinic near you, visit [www.health.gov.au/covid19-clinics](http://www.health.gov.au/covid19-clinics). Your state or territory may have extra clinics where you can get tested. You can find them through your state or territory health websites.
- If you have serious symptoms such as difficulty breathing, you should call 000 for urgent medical attention.
- It is very important that you follow the instructions given to you at the testing centre and self isolate and stay home until you receive your test results back. In some cases you may be asked to self isolate for 14 days even if your test is negative.