

SYMPTOMATIC TESTING

Symptomatic means that you have symptoms consistent with COVID-19.

Common symptoms of COVID-19 are sore throat, cough, runny nose, shortness of breath, fever, loss of taste or smell.

You **must self-isolate** at home until you get your test result and you are symptom free. **Do not return to work until you have a negative test result and are symptom free.**

ASYMPTOMATIC TESTING

Asymptomatic means that you do not any symptoms consistent with COVID-19.

If your test today is for clearance prior to surgery or a flight, you must isolate at home until your surgery/flight, to minimise your risk of exposure to COVID-19.

If you have been tested due to a confirmed case of COVID-19 in your workplace, follow the directions of the Department of Human Services (DHHS), and your workplace regarding isolation requirements and the return to work process. Generally, a negative test result and no symptoms is sufficient for return to work if you are **not** considered a close contact.

If you were tested as an asymptomatic household member of a confirmed case of COVID-19, you **MUST** remain in your home isolation for 14 days from the first day of contact with Covid-19.

If you **DEVELOP** symptoms in the coming days you must self-isolate at home and return for another test. Anyone you live with should monitor for symptoms, seek screening and self-isolate if symptoms develop.

CLOSE CONTACT OF A CONFIRMED CASE TESTING

Close contact with a confirmed case of COVID-19 means: having face-to-face contact with someone who is a confirmed case of COVID-19 during their infectious period, or are sharing a closed space with them for more than one hour.

HOUSEHOLD CLOSE CONTACTS are tested because the risk of transmission among households is much higher. You **MUST** continue your home isolation for the full 14 days, even if you are asymptomatic and have tested negative for COVID. If you develop symptoms, come back to us for testing. Wear your face mask and perform hand hygiene on arrival to the clinic. Return straight home after testing, and continue your Isolation.

ASYMPTOMATIC CLOSE CONTACTS are required to isolate at home for 14 days. If you develop symptoms, come back to us for testing. Wear your face mask and perform hand hygiene on arrival at the clinic. Return straight home after testing. Even if your test is negative you **MUST** continue your 14 days of home isolation. If you test positive, further advice will be issued by DHHS or Bendigo Health's Infectious Diseases Physician.

SYMPTOMATIC CLOSE CONTACTS will be tested and **MUST** continue to isolate at home for 14 days regardless of your test result. If you test positive, further advice will be issued by DHHS or Bendigo Health's Infectious Diseases Physician.

If your symptoms get worse and you are not able to cope at home, please call your local doctor, present to the Bendigo Health Emergency Department or call triple 000 for an ambulance. Please inform any healthcare provider that you are waiting for your COVID-19 swab results and that you are a close contact of a confirmed case.

HOW DO I GET MY RESULT?

NEGATIVE Result:

If your result is **negative**, Australian Clinical Laboratories will text with your result. If you only have a home phone, the Screening Clinic will call with your result.

If you have not received your result within **3-5 days**, please call **Australian Clinical Laboratories on 1300 134 111**. As this phone number receives a high volume of calls, please try to avoid following up your result, prior to 3 days after your test unless it is of an urgent nature.

As COVID-19 samples are sent to a Melbourne laboratory, results can take up to **3 days**, depending on how busy the laboratory is at the time.

POSITIVE Result:

If your result is **positive** the Department of Health and Human Services (DHHS) and/or Bendigo Health's Infectious Diseases Physician will contact you by phone call. You must self-isolate for 14 days or as directed by DHHS or the Public Health Unit, Bendigo.

Medical Certificates:

If you are symptomatic a medical certificate can be issued to you today. If your result arrives after the end date on your medical certificate, a statutory declaration is suggested to cover any extra time away from work.

Self-Isolate means STAY AT HOME!!

If you currently have symptoms you must self-isolate until you have the results of your swab. This means you need to be alone in your own bedroom, with your own bathroom.

Additional help can be found at [dhhs.vic.gov.au/quarantine-isolation-extra-help-and-support-coronavirus-covid-19](https://www.dhhs.vic.gov.au/quarantine-isolation-extra-help-and-support-coronavirus-covid-19). Anyone you live with should monitor themselves for symptoms and seek screening. You **must** self-isolate if symptoms develop. If you are a close contact of a confirmed case, you must self-isolate for 14 days from your last contact, with the confirmed case. People who stay in the same place as someone with COVID-19 will be considered close contacts and must follow quarantine rules. These people must remain in quarantine for 14 days from when the person with COVID-19 was last infectious.

If you need food or essential support please call the COVID-19 Emergency Relief Package Hotline on 1800 675 398.

How can I prevent the spread of the virus?

Practicing good hand and sneeze/cough hygiene is the best defense:

- Wash your hands often with soap and water, including before and after eating as well as after attending the toilet
- Avoid all contact with others (maintain social distancing of 1.5m) and wear a mask if this is not possible
- Cover your nose and mouth with a tissue when you cough or sneeze. Dispose of the tissue afterwards
- If you don't have a tissue, cough or sneeze into your upper sleeve or elbow

For more information:

Please visit the DHHS website <https://www.dhhs.vic.gov.au/coronavirus>

or call the COVID-19 hotline on 1300 651 160

Bendigo Health Screening Clinic (if you experience difficulty obtaining your result through Australian Clinical Laboratories) call 5454 6502

Public Health Unit Bendigo: 1800 959 400