COVID-19:
Testing and isolation protocols

I am a close contact who develops symptoms

With COVID-19 in the community, it is important for you to know what to do to keep yourself and others safe. This protocol will help you if you have symptoms and are a symptomatic close contact of someone who has tested positive for COVID-19.

Isolate for 7 days from date of contact.

7 days

Take a PCR or RAT on day 1.

Test positive
Refer to the 'I have tested positive to COVID-19' protocol.

Test negative
Continue to isolate. If you took a RAT on day 1, take another 24 hours later and continue to isolate if negative. Take another PCR on day 6 or RAT on day 7.

24 hrs

For the next 7 days, wear a mask indoors and outdoors, and don't visit high risk settings (exemptions apply).

Test negative
You can leave your home after day 7 of isolation, providing your day 6 PCR or day 7 RAT was negative and there are no new cases in your household.

Symptoms include:

- Fever
- Runny nose
- Fatigue
- Sore/scratchy throat
- Dry cough
- Shortness of breath

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We're all in this together.