

How to manage Covid-19 infection at home

1. Isolate

Covid-19 test and Isolate National Protocols

2. Notify your close contacts

3. Treat symptoms like a cold

maintain fluids

eat well

rest

maintain activity as able

Panadol/Ibuprofen

Throat lozenges etc symptom relief

Managing Covid-19 at home with assistance from your GP -Managing my symptoms

4. Monitor Physical condition

a. *Symptom diary*

b. obs-temp/pulse/BP/O2 sats

5. Follow Public Health Advice

health.nsw.gov.au Testing positive to COVID-19 and managing COVID-19 safely at home

Health Direct (general advice)

Managing Covid-19 at home with assistance from your General practice

6. Seek Appropriate advice from your health care teams

a. Assess risk -decide appropriate level care

b. GP

After hours GP

c. NSW Health COVID-19 Care at Home Support Line 1800960933 (8:30am-8:30pm)

National Coronavirus Helpline 1800 020 080(24/7)

d. Hospital ED

e. Call 000

7. Escalate care provision as necessary

Managing mild Covid-19 at home with assistance from your GP Managing my symptoms

Health Direct interactive symptom checker

8.Be aware of Long Covid/Post Covid symptoms

Up to date Patient education-Recovery after Covid-19(The Basics)

9.Managing Mental Health

Smiling Mind
Beyond Blue
Other resources