



COVID AT HOME PROCEDURES

TESTING AND ISOLATION PROTOCOLS



COVID-19: TESTING AND ISOLATION PROTOCOLS



I AM A CLOSE CONTACT WHO DEVELOPS SYMPTOMS

ISOLATE AT HOME FOR 7 DAYS FROM DATE OF CONTACT



Take a Covid test as soon as symptoms develop.

TEST IS POSITIVE
Refer to page 5.



TEST IS NEGATIVE
Refer to page 3.



TEST IS NEGATIVE
PCR: Continue to isolate
RAT: Continue to isolate and test again in 24 hours

2ND TEST IS NEGATIVE
You can leave your home after day 7 of isolation, providing you have a negative RAT on day 7 and there are no new cases in your household.

For the next 7 days, wear a mask indoors and outdoors, and avoid high risk settings.

TO LEARN MORE ABOUT THE SYMPTOMS OF COVID-19, SEE PAGE 9.

COVID-19: TESTING AND ISOLATION PROTOCOLS



I AM A CLOSE CONTACT AND I HAVE NO SYMPTOMS

ISOLATE AT HOME FOR 7 DAYS FROM DATE OF CONTACT



Monitor for symptoms.

I HAVE DEVELOPED SYMPTOMS
Refer to page 2.



NO SYMPTOMS
Take a RAT on day 7.

TEST IS POSITIVE
Refer to page 5.



If someone in your household tests positive, isolate for 7 days (start this process again).

TEST IS NEGATIVE
You can leave your home after day 7 of isolation, providing you have a negative RAT on day 7 and there are no new cases in your household. For the next 7 days, wear a mask indoors and outdoors.

TO LEARN MORE ABOUT THE SYMPTOMS OF COVID-19, SEE PAGE 9.

COVID-19: TESTING AND ISOLATION PROTOCOLS



I AM NOT A CLOSE CONTACT AND I HAVE DEVELOPED SYMPTOMS

TEST AND ISOLATE
Get a PCR or RAT as soon as you can and isolate until results come back.



TEST IS POSITIVE

Refer to "I have tested positive for Covid-19" on page 5.



TEST IS NEGATIVE

You are not required to isolate, but you should stay home where possible until your symptoms clear.



TO LEARN MORE ABOUT THE SYMPTOMS OF COVID-19, SEE PAGE 9.

COVID-19: TESTING AND ISOLATION PROTOCOLS



I HAVE TESTED POSITIVE FOR COVID-19

Register positive results with the Department of Health. See page 6.

ISOLATE AT HOME FOR 7 DAYS



NO SYMPTOMS AFTER DAY 7

No further test is required.

SYMPTOMS ON DAY 7
Remain in isolation until symptoms cease.

OR

You can leave home! Wear a mask indoors and outdoors for the next 7 days.

You are cleared by a medical professional.



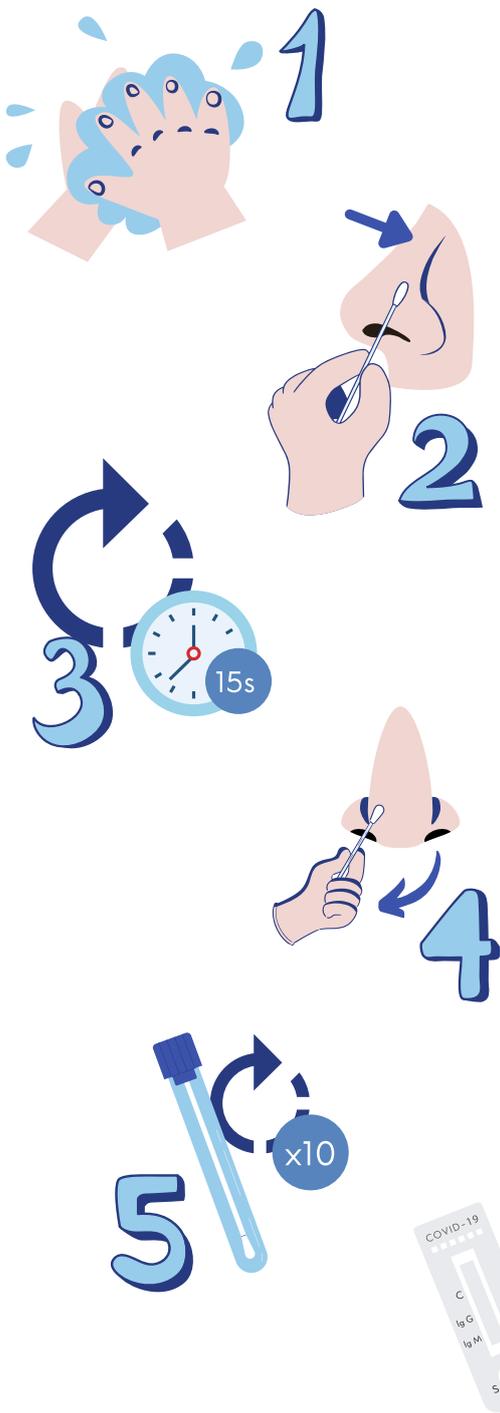
TO LEARN MORE ABOUT THE SYMPTOMS OF COVID-19, SEE PAGE 9.

COVID-19: MONITORING SYMPTOMS AT HOME



RAPID ANTIGEN TESTING (RAT): HOW TO USE IT

HOW TO USE IT



1. Make sure your hands are clean
2. Insert swab into one nostril until you feel a slight resistance (about 2-3cm)
3. Rotate the swab at the back of your nose while counting to 15 slowly, then remove the swab from the nostril while rotating it
4. Repeat step 3 with the same swab on the other nostril
5. Place the swab into the vial, rotate the swab 10 times, remove the swab, then close the vial and shake
6. Place 3 or 4 drops of liquid from the vial onto the round circle at the bottom of the rapid antigen test
7. Wait before reading the results of the test (check the RAT packaging for how long you need to wait for)
8. Check your results; one line means you have tested negative and two lines mean you have tested positive for Covid-19



COVID-19: MONITORING SYMPTOMS AT HOME



WHAT TO DO WITH A POSITIVE RAPID ANTIGEN TESTING (RAT)

WHAT TO DO WITH A POSITIVE RAT

When a positive result is registered, WA Health will assess how best to manage the situation, including whether health care is needed, and provide advice on what to do next.

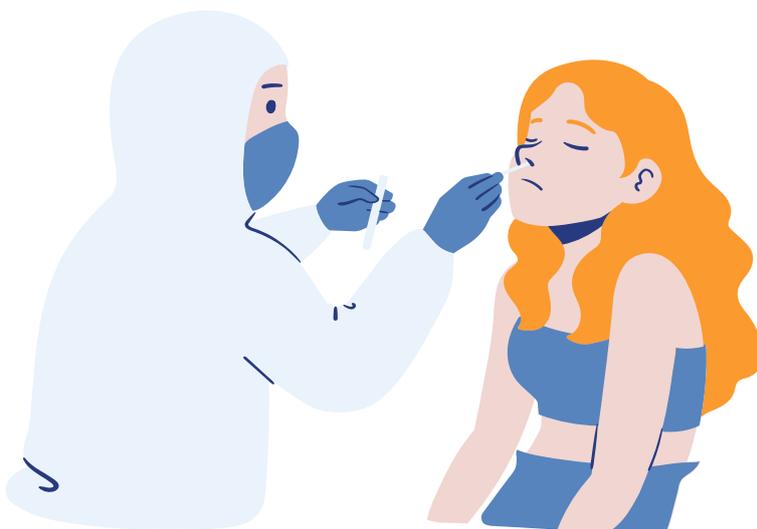
People who have self-administered a RAT at home for Covid-19 and tested positive must register their results online with the Department of Health. This process can be completed by the person who has returned the positive result, or by another person on their behalf.

To register your results, visit healthywa.gov.au, search the site for "Rapid Antigen Test" and follow the link to "Register a positive RAT test".

The mandatory registration requires information to be logged including:

- Date and time of test
- Personal details about your situation
- Phone number to be contacted on

People who do not have access to the online registration system must still report their positive test result, and can do so by calling 13 26843.





COVID AT HOME PROCEDURES

MONITORING SYMPTOMS AT HOME



COVID-19: MONITORING SYMPTOMS AT HOME



COVID-19 SYMPTOMS: WHAT TO EXPECT IF YOU GET SICK

WHAT TO EXPECT

Most people will have mild Covid-19 symptoms for up to 2 weeks. During this time, try to avoid high-impact activities, weights, running and workouts. If you have conditions such as high blood pressure, obesity or diabetes, you should pay close attention as you may develop a more severe illness. Younger people may develop rashes, swelling or blistering on toes and fingers.

MILD SYMPTOMS

Where possible, rest and recover at home to avoid overloading Shark Bay's limited health care systems.

Mild symptoms may include the following:

- Fever
- Dry cough
- Shortness of breath
- Fatigue
- Diarrhoea
- Chills/night sweats
- Loss of taste and/or smell
- Headache
- Sore/scratchy throat
- Muscle aches
- Runny nose
- Vomiting

WORSENING SYMPTOMS

Contact Health Direct on 1800 022 222 if you or the person you are caring for develops any of the following symptoms.

Worsening symptoms may include the following:

- Mild shortness of breath when moving around or coughing
- Coughing up mucous regularly
- Severe muscle aches
- Feeling very weak or tired, but still able to move about
- Little or no urination
- Vomiting or diarrhoea
- A temperature 38 degrees Celsius or higher
- Shakes or shivers

SEVERE SYMPTOMS

Call 000 immediately if you or the person you are looking after gets any of these symptoms. Don't wait to see if the symptoms change. When you dial 000, let the operator know you have Covid-19 so the paramedics know how to treat you safely.

Severe symptoms may include the following:

- Severe shortness of breath or difficulty breathing
- Becoming short of breath even when resting and not moving around
- Becoming breathless when talking or finding it hard to finish sentences
- Breathing gets worse very suddenly
- Chest pain or discomfort
- Coughing up blood
- Lips or face turning blue
- Skin cold, clammy, pale or mottled
- Severe headaches or dizziness
- Fainting or feeling like fainting often
- Unable to get out of bed or look after self or others
- Confusion (for example, can't recall the day, time or people's names)
- Finding it difficult to keep eyes open



COVID-19: MONITORING SYMPTOMS AT HOME



WA COVID CARE AT HOME

FREE SERVICE

The majority of people who contract Covid-19 will be able to manage their symptoms at home on a self-care pathway and therefore should not need to visit their local hospital or health service.

WA COVID Care at Home is a free service run by the Department of Health. It delivers home monitoring care for Covid-19 positive people who have been deemed high risk due to identified medical factors and symptoms.

WA COVID Care at Home patients will receive calls from the health care team to check their vital health signs and welfare. People that require monitoring as part of the program can do so with the help of a pulse oximeter. For more information about pulse oximeters, see page 12.

To register for the WA COVID Care at Home program, you must first have had a positive Covid-19 test result.

To register, visit healthywa.gov.au, search the site for "WA COVID Care at Home" and follow the link to "Register Now". If you are unable to complete the form by yourself and do not have someone to assist you, you can call 13 26843 who can complete it on your behalf.



COVID-19: MONITORING SYMPTOMS AT HOME



PULSE OXIMETERS: WHAT ARE THEY AND HOW TO USE THEM

WHAT ARE THEY

Pulse oximeters are handheld devices that measure a person's blood oxygen levels and pulse. These readings can be used by health practitioners to help manage the care of a Covid-19 positive person from their home.

WHERE TO GET A PULSE OXIMETER

Local residents who fall into one or more of the below categories can pick up one free pulse oximeter per household at the Shire office:

- Indigenous and aged 50 or over
- Non-indigenous and aged 65 or over
- Pregnant

If you don't fit in these categories but would like an oximeter, you can check with the local pharmacy or order one online.

HOW TO USE IT

NOTE: IF YOU HAVE NAIL POLISH OR FALSE NAILS, PLACE THE PULSE OXIMETER SIDEWAYS ON YOUR FINGER TO GET AN ACCURATE READING

1. Make sure batteries are in the battery compartment and the cover is on.
2. Wash your hands with warm water and thoroughly dry them (the device works best when your hands are warm).
3. Sit in an upright position.
4. Give your fingers a wiggle and rub to get the blood flowing, then keep your fingers still.
5. Attach the clip to one of your fingers so that the tip of your finger is inserted all the way to the end of the device. The palm of your hand should be facing down so you can read the screen of the pulse oximeter.

CONTINUED ON NEXT PAGE

HOW TO USE IT CONTINUED

7. Breathing normally, keep your hand and the pulse oximeter still for at least a minute, until the result has not changed for five (5) seconds.
8. Once the reading has not changed for 5 seconds, write the result down.

Note: The device will give you two readings, one for your pulse and the other for your blood oxygen level.

9. If sharing the oximeter with other people in the household, make sure to clean it down with an antiseptic wipe and each person should thoroughly wash their hands after use.

WHAT TO DO WITH YOUR RESULTS

Low blood oxygen levels can be a symptom of worsening Covid-19 conditions. For the most accurate understanding of your blood oxygen levels it is recommended to take a baseline reading with the pulse oximeter while you are healthy and well.

If you have Covid-19 and your blood oxygen levels drop significantly, contact a health professional on one of the numbers below:

Health Direct: 1800 022 222

Silver Chain: 1300 761 577

If you are experiencing other severe symptoms, or in the case of an emergency, call 000.



COVID-19: MONITORING SYMPTOMS AT HOME



LOOKING AFTER YOURSELF BEFORE, DURING AND AFTER COVID-19

FIND A SUPPORT PERSON

Find a family member or friend who is willing to be your support person if you get Covid-19. If you get Covid-19, ask this person to call you twice a day at an agreed time so they know you are ok.

If they can't reach you at the agreed times, tell your support person to do a welfare check on you at home. If they still can't reach you, your support person should call 000.

BE PREPARED

Stock up on these essentials. If you don't have them and you are unwell, ask your support person to drop some off to you. Make a plan for what will happen if you get Covid-19.

1. Face masks and hand sanitiser
2. Pain relief medication and electrolytes; these may help to reduce some of the symptoms
3. Your regular medication
4. Should you need to go to hospital, you will need a plan to look after your pets, children, or people in your care
5. Make a plan with your support person or local supermarket to have food delivered
6. Consider making some healthy meals that can be frozen and re-heated if you are too unwell to cook your meals
7. Keep important phone numbers on hand to call if you need help (see page 16)
8. Make sure you have activities to keep you and others in your house entertained

LOOK AFTER YOUR MENTAL HEALTH

Being concerned about Covid-19 is a normal reaction, but too much worrying can affect both our mental and our physical health. Here are some ways to stay mentally healthy during this challenging time:

1. Stay connected with family and friends - if you can't meet up in person, try talking via phone, video calls, emails or letters
2. Switch off from social media and the news - too much information can be overwhelming, so limit the amount of information you take in
3. Focus on the things you can control, not the things you can't
4. Maintain healthy and familiar routines
5. Hug the people and/or pets around you
6. Access support if you need it - Beyond Blue is a **free** 24 hours a day, 7 days a week Mental Wellbeing Support Service. You can access this service by calling 1800 512 348 or visiting the Beyond Blue website



COVID-19: MONITORING SYMPTOMS AT HOME



LIST OF CONTACTS

LIST OF CONTACTS

Health Direct
1800 022 222
www.healthdirect.gov.au

Silver Chain
1300 761 577
www.silverchain.org.au

Emergency Services
000

Beyond Blue (Free Mental Health Service)
1300 224 636
www.beyondblue.org.au

Shire of Shark Bay
9948 1218
www.sharkbay.wa.gov.au

Shark Bay Community Resource Centre
9948 1787
www.sharkbaycrc.net.au