



## COVID-19 DRIVE THRU RESPIRATORY CLINIC GUIDELINES FOR PATIENTS

### **AT HOME: INSTRUCTIONS TO FOLLOW AFTER ATTENDING COVID-19 DRIVE THRU RESPIRATORY CLINIC**

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1. Please follow the NSW Health self-isolation instructions overleaf.
2. We will call you when your results return (usually within 48hours) to advise you of your result and to check in on how you are feeling.  
If you have not heard from us within 48hours please call 9328 3100.
3. Please monitor your symptoms. Use the Health Direct COVID-19 symptom tracker:  
<https://www.healthdirect.gov.au/symptom-checker/tool>
4. If your symptoms change significantly, if you experience shortness of breath or chest tightness, if you cannot get out of bed or perform your usual daily activities please seek review with a doctor or consider attending Emergency depending on the severity.

# HOME ISOLATION GUIDANCE FOR PEOPLE SUSPECTED TO HAVE COVID-19 (CORONAVIRUS) INFECTION



## How long do I need to remain in home isolation?

You must self-isolate until your doctor advises you of the result of your test. Usually this is within 1-2 days but can sometimes take longer.

If the test is positive your doctor will provide you with advice and the local public health unit will be in contact to interview you and identify your close contacts.

If you test negative you will no longer need to stay in home isolation unless:

- you have already been advised to stay in home isolation because of recent overseas travel
- you have been identified as a close contact of someone else who does have COVID-19 infection.

In this case you will still need to remain in home isolation until the end of the 14 day period.

## Can I go to work or school? Can I have visitors?

No. Home isolation means you must stay at your home or hotel and restrict your normal activities.

You cannot go to work, school, childcare, university, recreation facilities, public areas, or go shopping.

You should not allow people who do not have an essential need to be in the home to visit while you are in isolation.

Note: You can leave your home to seek medical care or because of an emergency.

## Can I go into the garden or go for a walk?

You can go into your private garden or courtyard or onto your private balcony if you have one.

You cannot leave your home unless it is to seek medical care or because of an emergency.

## Monitor symptoms

Monitor for symptoms of shortness of breath/difficulty breathing chest tightness, cannot get out of bed or perform your usual daily activities please seek review with a doctor or consider attending Emergency depending on the severity.

Monitor symptoms using the health direct symptom checker.

If your symptoms become serious (e.g. shortness of breath at rest or difficulty breathing) you should call 000.

Tell the ambulance staff you are confirmed to have novel coronavirus (COVID-19). If your symptoms become worse, but are not serious, contact your doctor or the public health unit.

## Separate yourself from the other people in your home

If you are sharing your home with others you should, as much as possible:

- remain separated from others
- wear a surgical mask when you are in the same room as another person
- use a separate bathroom, if available
- avoid shared or communal areas and wear a surgical mask when moving through these areas
- not share a room with people who are at risk of severe disease, such as elderly people and those who have heart, lung or kidney conditions, and diabetes.

**Wear a surgical mask:** You should wear a surgical mask when you are in the same room with other people (even if they are also in isolation) and when you visit a healthcare provider.

Make sure your surgical mask covers your nose and mouth at all times and avoid touching your mask unnecessarily.

**Cover coughs and sneezes:** You should cover your mouth and nose with a tissue when you cough or sneeze, or cough or sneeze into your sleeve/elbow. Used tissues should be placed in a bin, and hands immediately washed with soap and water for at least 20 seconds.

**Wash your hands:** You should wash your hands often and thoroughly with soap and water for at least 20 seconds. You can use an alcohol-based hand sanitiser if your hands are not visibly dirty. Ensure you wash your hands or use a hand sanitiser:

- before entering an area where there are other people
- before touching things used by other people
- after using the bathroom
- after coughing or sneezing
- before putting on, and after removing, gloves and masks.

**Avoid sharing household items:** You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people in your home. After using these items, you should wash them thoroughly with soap and