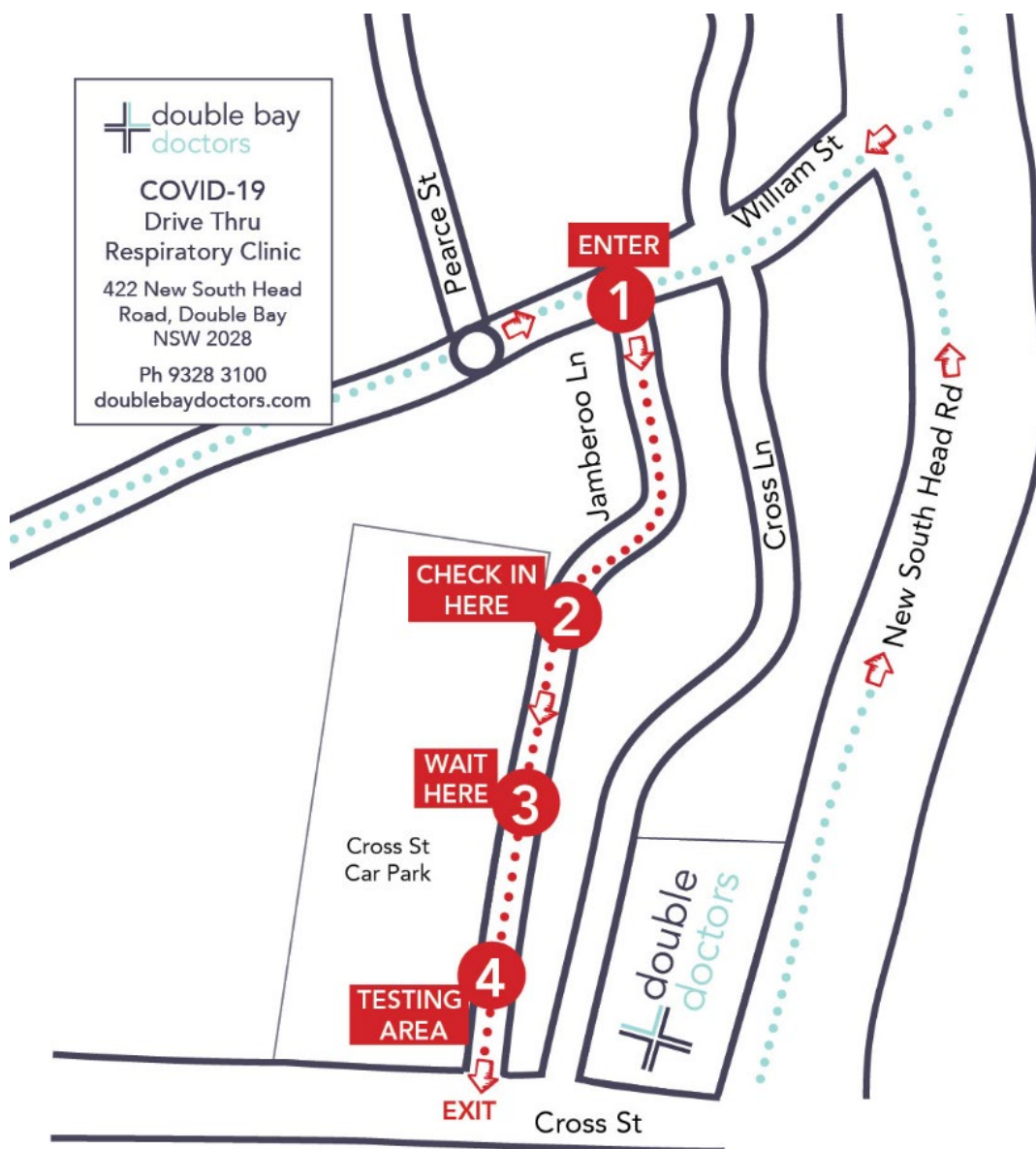


If you are experiencing respiratory symptoms you are advised to self-isolate until you have received COVID-19 testing and your results have returned.

COVID-19 DRIVE THRU CLINIC: GUIDELINES FOR PATIENTS

HOW TO FIND US: Jamberoo Lane, Double Bay

1. Entry to Jamberoo Lane, is from William Street, Double Bay.
2. Jamberoo Lane is located adjacent to the Cross Street Council Carpark in Double Bay.
3. There is no access to Jamberoo Lane from Cross Street whilst the Clinic is in operation.



AT THE DRIVE THRU CLINIC

1. Please wear a face mask when presenting for your Drive Thru Clinic appointment. Please ensure the mask covers your nose and mouth.
2. Please bring your Drivers Licence and valid Australian Medicare Card (if applicable) with you.
3. On arrival at the check in point, please wait for instructions. A support person will ask you to confirm your personal details and, in some cases, will ask for some basic medical information.
4. When directed to, please proceed to the waiting bay.
5. When directed to, please proceed to the testing area. Roll down your window and the doctor will provide you with further instructions.
6. We ask you to please face forward (i.e. facing your windscreen) throughout the consultation. This helps to protect our staff if you cough or sneeze.
7. Children under 7 will be examined outside of the car with their caregiver. Please inform our staff if the caregiver is also unwell.
8. After your respiratory examination we will ask you to pull your mask down, and a swab will be performed. Please keep facing forward throughout. Your throat will be swabbed first and then both nostrils. You may experience slight discomfort.

AT HOME

1. **It is critical that you self-isolate until your results return.** Please carefully review and follow the NSW Health self-isolation instructions overleaf.
2. Family members or householders of a patient who is experiencing respiratory symptoms should also consider self-isolating and are encouraged to discuss their circumstances with their employer.
3. You will receive a secure SMS with your results (usually within 48hours). Results return times may vary - depending on the demand experienced by Douglas Hanly Moir Pathology.
4. Please monitor your symptoms. You can use the Health Direct COVID-19 symptom tracker: <https://www.healthdirect.gov.au/symptom-checker/tool>
5. 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 book a Telehealth consult for review with a doctor, and if your symptoms become severe please present to your nearest hospital Emergency Department.

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