

Managing COVID-19 at home

How to look after yourself safely

If you've tested positive for COVID-19 you will have to isolate until your symptoms clear. If you have a mild illness, you should be able to manage your symptoms at home with adequate medication and rest. If you feel short of breath, have chest pain or can't stand up, call Triple Zero (000) immediately and ask for an ambulance. You must let paramedics know you are COVID-positive and wear a mask when they attend.

What you may need to manage symptoms at home:



Pain relievers such as paracetamol or ibuprofen

If your fever is above 38°C and/or for general pain relief. Call for medical assistance if your fever is above 39.5°C and it cannot be reduced with medication.



Cough lozenges or syrup

To ease a sore throat or coughing – both common symptoms of COVID. Sleeping on your stomach will also support better breathing.



Electrolyte drinks such as Hydralyte or Gatorade

If you have been vomiting or had diarrhea, electrolyte drinks will rehydrate you more effectively than water.



Plain and non-perishable foods

If you have been vomiting or had nausea you may prefer to eat plain food. Otherwise continue to eat and drink as normal. Contact friends, family or local neighbourhood centres for help in accessing supplies while you are in isolation. You can also shop for groceries online.



Your usual medications – ensure you have a two-week supply

Keep taking required medication as needed. Contact your local GP or pharmacy by phone if you need help in accessing supplies while you are in isolation.



Your usual supplies for babies, children, pets and others who may be relying on you

If you can, have enough supplies for two weeks and continue to support other members of your household in isolation. Support is available for your household if you are struggling to care for others who usually rely on you – including pets. Contact your state or territory coronavirus hotline or the National Coronavirus Hotline 1800 020 080 for more information.



A thermometer and finger pulse oximeter

A thermometer and finger pulse oximeter can be useful to monitor your fever and oxygen levels. If your oxygen level falls below 95% or your temperature is above 39.5°C you should call for medical assistance.



Face masks

If you are sharing a house with other people, make sure you all wear masks inside. If possible try not to spend too much time in shared spaces. Put a sign on your front door letting people know you are in isolation and to leave packages outside.

Handy phone numbers

- Your local GP or health service for advice on mild to moderate symptoms
- Family, friends or local neighbourhood centres to support with socially-distanced grocery delivery
- The National Coronavirus Helpline **1800 020 080** or your state or territory Coronavirus hotline for assistance with essential supplies including food or medicines