



Positive for COVID-19?

Here's what you need to know!

1. **DON'T** be embarrassed. It can happen to anyone. It is not your fault.
2. **Keep your PHONE** with you and **ANSWER** your **CALLS**.
 - It is very important you stay in touch with the health professionals who are here to *help you*.
3. **YOU** and **EVERYONE** you **LIVE** with + their close contacts → must **ISOLATE** from the community.
 - You will get a **CALL** to discuss all of this e.g., *where you should isolate and what medical attention you may need*.
4. You will **NOT** have to pay for any COVID-19 related medical costs.
 - A *24/7 contact phone number* will be available to support you and check on you and your family.
 - If you need *medication*, contact your doctor, pharmacy or the COVID-19 Healthline and they will get it delivered to your home.
5. **AFTER** you + your household has finished Isolation → **CLEAN**:
 - *Clean & Disinfect* your home -> can use regular cleaning products, ensuring **ALL SURFACES** have been cleaned, clothing & bedding washed + home vacuumed.
 - *Seal all contaminated waste* into a separate bag and then *throw* as general household waste.
6. If you and your close contacts are not already, get **Vaccinated** once you have recovered (*wait at least 4 weeks after you recover though*).
7. *Take care of yourself, stay in contact with loved ones and the health professionals there to help you. You will get better and come out even stronger than before!*

USEFUL COVID-19 HealthLine: 0800 358 5453 (24 hours 7 days week open)