

Protocol 1 - COVID-19 Confirmed by a Positive Test	Protocol 2 Close Household Contacts	Protocol 3 Close Contacts of people with COVID-19	Protocol 4 Other Contacts
<p>1. Isolate at home for at least 7 days from the date of your test.</p> <p>2. Notify your household, school, or employer that you have tested positive</p> <p>3. A member from the Contact Tracing Team will call you to conduct an interview</p> <p>4. You may be referred to the Metro North COVID Care at Home Virtual Ward for ongoing monitoring</p> <p>5. You will be called on Day 7 by a NIHRACS clinician for a symptom check, and if your symptoms have resolved you will be released from isolation. <i>You do not need a further COVID test</i></p> <p><i>When released from isolation you must continue to wear a mask when leaving your home and avoid visiting high-risk settings for at least 7 days following your 7-day isolation.</i></p> <p><i>If you have returned a positive result from a Rapid Antigen Test (RAT) taken at home, please contact NIHRACS on 22091 as soon as possible to arrange an appointment with a GP.</i></p>	<p>1. Stay home and quarantine for 5 days</p> <p>2. If you develop symptoms during this time, please call the GP Clinic on 22091 for a telephone consultation and remain at home</p> <p>3. You will be booked an appointment for a COVID test on Day 5 of quarantine</p> <p>4. Stay at home while waiting for the test result.</p> <p>5. If you test positive for COVID-19 follow <b>Protocol 1</b>.</p> <p>6. If your Day 5 test is negative, a clinician will phone you, discuss and confirm your release.</p> <p><i>When released from quarantine you must continue to wear a mask when leaving the home and avoid visiting high risk settings for at least a further 7 days following your exposure to the person with COVID-19.</i></p> <p>If you have had COVID-19 and been released within 28 days of the date your household person tested positive, and do not have symptoms, you do not need to quarantine.</p> <p><i>You are a close household contact if you are living with someone who has COVID-19.</i></p> <p><i>You may be a close contact if you have spent 4 hours or more in an indoor setting with someone who was infectious with COVID-19.</i></p>	<p>If you have been contacted by someone who has tested positive for COVID-19 to say you could be a close contact, NIHRACS advise that you:</p> <ol style="list-style-type: none"> <li>Do a Rapid Antigen Test (RAT) within 24 hours of them notifying you: <ul style="list-style-type: none"> <li>If positive advise NIHRACS immediately</li> <li>If negative, monitor for symptoms</li> </ul> </li> <li>Advise your work or school that you have had close contact with a COVID-19 positive case</li> <li>Wear a face mask in all public settings for at least 7 days</li> <li>Practice good hand hygiene</li> <li>Continually monitor yourself for any symptoms of COVID-19 and call NIHRACS plus do a home RAT test if you develop any symptoms</li> <li>Do not visit any vulnerable people and do not visit any high risk settings (eg child care centre, hospital, aged care etc) for at least 14 days from when they contact you</li> <li>On Day 7 after the person with COVID-19 tested positive, take another RAT self-test. <ul style="list-style-type: none"> <li>If your Day 7 self-test is positive, advise NIHRACS immediately – you do NOT need a PCR test for confirmation follow <b>Protocol 1</b></li> <li>If your Day 7 self-test is negative and you have no symptoms, you can return to normal living.</li> </ul> </li> </ol>	<p>If you have had less contact with someone with COVID-19, such as in a social, shopping, workplace or education setting:</p> <ol style="list-style-type: none"> <li>You should monitor for COVID-19 symptoms (cough, sore throat, runny nose, loss of smell and/or taste, fever, short of breath, fatigue).</li> <li>If you develop symptoms call the GP Clinic on 22091 for a telephone consultation and remain at home.</li> <li>If you test positive for COVID-19 follow <b>Protocol 1</b>.</li> <li>If the COVID test is negative, wear a mask when leaving the home and avoid visiting high risk settings for at least 14 days following the exposure to the person with COVID-19.</li> </ol>

**Always seek medical advice and help if you become very unwell**  
**If symptoms occur, or return, call the GP Clinic on 22091 for a telephone consultation and remain at home**  
**In an emergency call 000**