

## Coronavirus: Getting a test



Coronavirus (COVID-19) is a **virus** that has affected many people around the world.

A virus can:



- spread easily from one person to another person
- make people sick.



You can get a free test to find out if you have coronavirus.

People who have any of these symptoms need to have a test:



- fever



- sore throat



- cough



- tiredness



- shortness of breath.



You should have a test even if you only feel a little bit sick.

## Where can you get a test?

You can get a coronavirus test:



- from your doctor – but make sure you call them before you go



- at hospitals that have a testing clinic



- at a drive-through clinic.

To find a testing clinic near you, you can:



- ask your doctor



- search online



- call the Disability Gateway on  
**1800 643 787.**



In some areas, you can get a test at home.



You can call the Disability Gateway on  
**1800 643 787** to find out if you can get a  
test at home.

## Getting a test at the hospital



You can ask someone to take you to the hospital if you want to get tested.



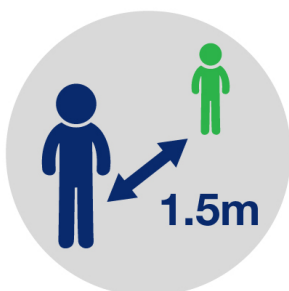
It's a good idea to take something that makes you feel good, like a favourite book or some music to listen to.



You should wear a face mask when you go to the hospital.



When you get to the hospital, you may need to wait in line.



It's important to stay 1.5 metres from other people while you wait.



A nurse will tell you when it's your turn.

The nurse will be wearing:



- a gown



- gloves



- a mask over the face

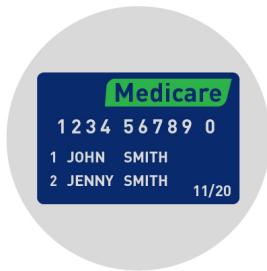


- glasses or an eye mask.

The nurse will ask you for:



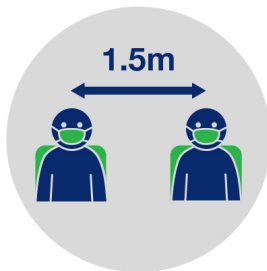
- information, such as your name, address and phone number



- your Medicare card.



After this, you may need to go to the waiting room.



Remember to stay 1.5 metres away from other people while you wait.



When it's time for your test, the nurse will call you into another room.

We explain what the test is like on page 11.

## Getting a test in a car



You can ask someone to go with you to a drive-through testing clinic.



It's a good idea to take something that makes you feel good, like a favourite book or some music to listen to.



You should wear a face mask when you go to get tested.



You may need to wait in your car for a while.



When you get to the testing area, a nurse will talk to you through the window of your car.



The nurse will be wearing:



- a gown



- gloves



- a mask over the face

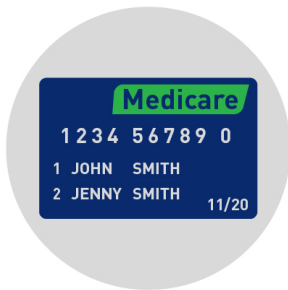


- glasses or an eye mask.

The nurse will ask you for:



- information, such as your name, address and phone number



- your Medicare card.



The nurse will ask you, or the person driving, to drive to the area where the test will be taken.

We explain what the test is like on page 11.

## Having the test



Most people find the coronavirus test uncomfortable.



Some people may find it a bit painful.



The test does not take very long.



The nurse will use a swab.



This is a small plastic tube that has cotton wool on the end of it.

The nurse will put this swab into your:



- mouth



- nose.

This might make you:



- sneeze



- cough



- cry.



The nurse will give you a tissue.



In some areas you may be able to get a saliva test instead of a swab.



You can call the Disability Gateway on  
**1800 643 787** to find out if you can get a  
saliva test.

## Getting a result



After you have the test, you need to go straight home.



You can't leave your home until you get the result of your test.

This means you can't go to:



- work



- school or university



- the shops.



You will get the result within 2 or 3 days.



You will get the results by:

- text message
- phone call.

## If your test result is negative



If your test result is negative, it means you don't have coronavirus.

You should stay home until:



- you feel better



- your doctor tells you that you can go back to your usual activities.



## If your test result is positive



If your test result is positive, it means you have coronavirus.



This means you must stay home until your doctor tells you that you can go back to your usual activities.

This will usually be:



- 10 days after your symptoms started



- 3 days after your symptoms stop.

This means you can't go to:



- work



- school or university



- the shops



- any other public places.



It also means you can't have any visitors in your home.

You must wear a mask if you:



- are in a room with someone else



- walk through a room with someone else in it.



You may have support workers who come to your home.



They can still do this.

Your support worker will wear:



- a gown or apron



- a mask



- eye protection



- gloves.

You should call Triple Zero (000) if you:

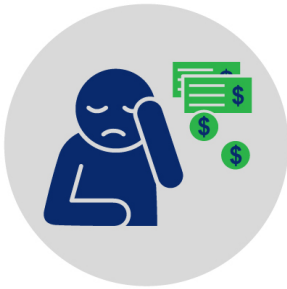


- feel really sick



- have trouble breathing.

You can call the Disability Gateway on  
**1800 643 787** if you:



- are worried about money



- need help getting food or medicine.



If you live with other people they may be able to keep living with you.

If you live with others:



- stay at least 1.5 m apart



- use a different bathroom



- use a different bedroom



- wear a mask if you can't keep away from people



- don't share household items, like cups



- regularly clean surfaces people touch a lot.

You must follow the advice on staying safe on page 25.

## Getting well again



You must stay home until your doctor tells you that you can go back to your usual activities.

You still need to follow any rules in your area about:



- wearing a mask when you go out
- staying at home
- keeping 1.5 metres from other people.



# Staying safe from coronavirus



There are things everyone can do to stay safe from coronavirus.

You should:



- wash your hands regularly with soap and water



- cough or sneeze into your elbow or into a tissue



- throw away any tissues you use

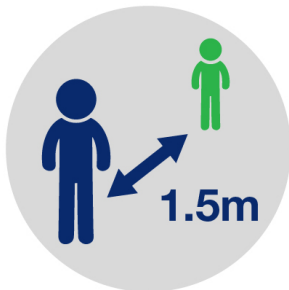


- wash your hands after you cough or sneeze.

You should wear a face mask if:



- your state or territory government says that you must wear a mask



- you can't stay 1.5 metres away from other people.

## More information



Information and support are available.  
You are not alone.

Contact the Disability Gateway by:



- calling **1800 643 787**  
8 am to 8 pm, Monday to Friday



- visiting [www.disabilitygateway.gov.au](http://www.disabilitygateway.gov.au)



If you need information in a language other than English, call the Translating and Interpreting Service on **131 450**.



If you are deaf, or have a hearing or speech impairment, you can call the National Relay Service on **133 677**.



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