What to do when you test positive for COVID-19

Summary – what people with COVID-19 are required to do:

- Isolate for 7 complete days from the date you took your test (not the date you received the test result)
- If you took a rapid antigen test (RAT), report any positive result on the HealthyWA website
- Complete the contact tracing online survey, which will be sent to you by an SMS
- Tell your close contacts to quarantine for 7 complete days
- Tell your workplace or education facility you have COVID-19
- If you do not have symptoms at Day 7, you can leave isolation (you do not need to be cleared by WA Health)
- If you are in hotel quarantine, you must remain in hotel quarantine as per your travel direction. The Hotel Quarantine Team will organise your departure at the end of your quarantine period. This occurs between 9 am and 4 pm, 7 days a week.

1. Immediately isolate for 7 days

- You must immediately isolate at home, or other suitable accommodation, away from other people in your household.
- Isolate for 7 complete days (a day runs from midnight to midnight), from the date you took your test (not the date you received the test result).
- If you do not have symptoms at the end of 7 complete days, you can leave isolation. You do not need to take another test or be cleared by WA Health to leave isolation.
- If you have symptoms at the end of 7 days, you must continue to isolate until your symptoms resolve. If you require further advice, call 13COVID (13 26 843) or your GP.
- After leaving isolation, you must wear a mask indoors and outdoors (in areas accessible to the public) and in any vehicle for 7 days.

Isolation for 7 days means 7 complete days from the date you took your test, regardless of the time of the test. For example, if you took your test at 11:45pm on 7 February, your isolation period finishes at midnight on 14 February.

How to isolate

When you isolate, you must stay at your home or other accommodation. This is a legal requirement. More information about how to isolate is available at HealthyWA – Quarantine and isolation. If you are unable to safely isolate at home, call 1300 316 555 for assistance with identifying alternative options.

2. Report your positive result

If you tested positive by using a rapid antigen test (RAT), you must report your result by completing the online form at HealthyWA. You do not need to report your result if you tested positive by PCR test.

3. Complete the contact tracing online survey

When you test positive for COVID-19 by PCR or RAT (this must be reported online), WA Health will send you an SMS with a link to a short survey.

The information you provide will enable WA Health to identify the settings and workplaces that need further support, and the people who need health and social support.

4. Tell your close contacts to quarantine for 7 days

Tell your close contacts, especially those in your household, as soon as you can, that you have tested positive for COVID-19. When there are high numbers of COVID-19 cases in the community, it is often quicker for cases to identify and inform their close contacts. WA Health may not be able to get in touch with all close contacts directly.

Your close contacts are people you have had contact with during your **infectious period** (see below):

- Any household member and/or intimate partner who you have had contact with.
- Any person you have had 15 minutes of face-to-face contact with, where both of you were not wearing masks.
- Any person you have spent more than 2 hours with, in a small room (around the size of a classroom), where both of you were not wearing masks for this period.

The **infectious period** is taken from 48 hours before onset of symptoms, or 48 hours before your positive test result if you do not have symptoms, until the end of your isolation period. For example, if you first had symptoms on Wednesday afternoon, your infectious period started on Monday afternoon.

What to tell your close contacts

- Your close contacts must quarantine at home or other suitable accommodation for 7 days from the last time they had contact with you.
- Your close contacts must take a PCR test or RAT, as soon as possible (within 24 hours).
- You should send all of your close contacts this link: What to do if you are a close contact.
- You must tell them they are a close contact, but it is their legal responsibility (if they are adults) to follow the advice.

5. Tell your workplace or education facility

If you attended your workplace or education facility during your infectious period, you should tell them as soon as you can. Your employer or the person responsible at the education facility must then identify and inform everyone who had close contact with you. Guidance for management of COVID-19 in the workplace is available at the HealthyWA website.

6. Look after yourself

You can find information about expected COVID-19 symptoms at COVID-19 symptoms – what to expect.

Most people with COVID-19 can look after themselves in their own home. Consider these options if you need medical care or advice:

- Most GPs can provide **GP telehealth consultations**, so you can get advice on the phone while you are in isolation or quarantine
- The **WA COVID Care at Home** program delivers home monitoring care for confirmed COVID-19 cases who require it due to having risk factors that put them at greater risk of requiring hospitalisation. To see if you meet the criteria for WA COVID Care at Home, complete the short registration form.
- If you need to **go to hospital**, call the emergency department to advise that you are coming in and you are a COVID-19 case. You must go directly to the hospital and, if you can, ask a household member to drive you there (you should both wear masks, if possible).
- If you have severe symptoms, such as shortness of breath, **call 000 for an ambulance**. Inform the call centre and ambulance officers that you are a COVID-19 case.

Further information

- [Assistance for people in isolation or quarantine](#)
- [COVID-19: Testing and isolation guide (wa.gov.au)](#)
- Information on the [Pandemic Leave Disaster Payment (servicesaustralia.gov.au)](#)
- [Quarantine and isolation (healthywa.wa.gov.au)](#)
- [Managing COVID-19 at home and in the community (healthy.wa.gov.au)](#)
- [Managing COVID-19 in the workplace (health.wa.gov.au)](#)
- [What to do if you are a close contact](#)
- Call 13COVID (13 26 843)

Last updated 28 February 2022 V3 SHICC PI

This document can be made available in alternative formats on request for a person with disability.