

# COVID-19 PATIENT INFORMATION SHEET

## Contact your GP

Please contact your GP (or local doctor) as soon as possible for COVID-19 virtual care. Your GP will provide your ongoing care including discharge from the Public Health Order (release from isolation).

If you do not have a GP, visit this link <https://about.healthdirect.gov.au/nhsd> and then click 'general practice'. You can search by suburb or postcode.

If you experience shortness of breath at rest or difficulty breathing, or if your symptoms become suddenly worse, you should call **000**. Tell the ambulance staff you are confirmed to have COVID-19.

## Find a support person

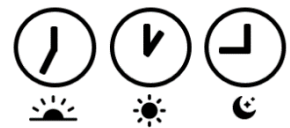
Contact a family member or friend and tell them you have COVID-19. Ask them to call you twice a day at agreed times so they know you are okay.

This support person will help keep you safe.

Tell your support person that they should call 000 if they cannot get in contact with you at the agreed times.

## Looking after yourself

Ask yourself these questions 3 times a day (morning, afternoon and night)



### Can you...

Get your own food?				→		Your GP
Drink?				→		Your GP
Go to the toilet normally?				→		Your GP
Take your regular medication?				→		Your GP

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How do you feel when you stand up and walk around the room?

I feel good



I have trouble breathing



I feel dizzy / lightheaded



I feel faint



### Your pulse oximeter

As part of your care you may receive a pulse oximeter. If so, please check your oxygen and heart rate three times a day.

Oxygen level (SpO2%):

94 – 100



Below 94



Heart rate (PR bpm):

50 – 120



Over 120



**For afterhours support please contact Health Direct on 1800 022 222. In an emergency, call 000.**

### Calling 000

If you call 000, you must say that you are COVID-19 positive

When the ambulance arrives, put a face mask on before you open the front door



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### Other information on COVID-19

These resources provide up-to-date information on coronavirus (COVID-19):

- The **Coronavirus Health Information Line** is available 24 hours a day, 7 days a week on 1800 020 080
- The **Health Direct** health advice line is available 24 hours a day, 7 days a week on 1800 022 222. Visit the website for more information:  
<https://www.healthdirect.gov.au/coronavirus>
- **NSW Government** website has up-to-date information. Visit the website  
<https://www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx>
- **Coronavirus Australia app** (Australian Government)  
App Store - <https://apps.apple.com/au/app/coronavirus-australia/id1503846231>  
Play Store - <https://play.google.com/store/apps/details?id=au.gov.health.covid19>
- **NSW Health Pathology COVID-19 test results information**  
<https://www.pathology.health.nsw.gov.au/covid-19-info/covid-19-results-direct>

#### Interpreter service

For free help in your language call **13 14 50**

**Note:** This information is for people over the age of 16 years only. If you have concerns about a child please call your GP. If it is an emergency, call 000.