Tips to keep your household safe when someone has COVID-19

NSW GOVERNMENT

Have you or someone in your household tested positive to COVID-19?

To ensure you get the health care you need:

How was the COVID-19 positive result received?

COVID-19 positive by Rapid Antigen Test (RAT): Register the result with Service NSW. You will be asked questions to check if the person with COVID-19 is at higher risk of becoming unwell.

COVID-19 positive by PCR test: The person with COVID-19, or their carer, will be sent a phone text message with similar questions.

It is important to reply to these questions as soon as possible. For more information, call 13 77 88.

What to do at home

Isolate the person with COVID-19

Prepare a separate room or space away from others.

Keep fresh air flowing in the room, open windows often.

Take care of the person with COVID-19

Check often how the person with COVID-19 is feeling, especially if they are at high risk for serious illness.

Make sure the person with COVID-19 rests, drinks water and takes their usual medicine.

Use paracetamol and ibuprofen to relieve pain and fevers and throat lozenges for a sore throat.

Reduce the virus spreading

No visitors to your house and **stay home**, (except in an emergency, or to get urgent medical care).

If the person with COVID-19 needs help, choose a household member who is not vulnerable.

Wear a mask when in the same room as the person with COVID-19.

Avoid sharing personal items like phones, cutlery, cups, towels, toys or bedding with the person with COVID-19.

Regularly clean and disinfect surfaces people touch (such as door handles, light switches, sinks etc).

If you are stressed about the situation, you can reach out to **talk to someone**. Call BeyondBlue's **Coronavirus Mental Wellbeing Support Service** 1800 512 348

Tips to keep your household safe when someone has COVID-19... *continued*

Large households

It may be difficult to separate from the person with COVID-19. Do the best you can. Follow tips below to reduce the chance of COVID-19 spreading:

Cover sneezes and coughs and avoid touching eyes, nose and mask.

Everyone **wash or sanitise hands** often.

Keep as much space as possible between those with COVID-19 and others (at least 1.5 metres).

Everyone should **wear a mask** if they are in the same room as a person with COVID-19.

Shared bathrooms

Those with COVID-19 should clean and disinfect the bathroom after they use it.

If they are not able to, a carer should wear a mask and disposable gloves and wait for as long as possible to enter the bathroom for cleaning.

Shared bedrooms

- Place beds at least 1.5 metres apart. If this isn't possible, sleep head to toe.

- If you can, put a physical divider around the unwell person's bed, such as a shower curtain.

- Make sure the room has good air flow.

- Wash and dry linen after someone with COVID-19 has used it.

Essential supplies, support & emergency information

Support is available to help you get important items you need while isolating.

Click on the links to find local support services that can help you and your family.

Medicines **Food** **Essential items** **Money**

Call for help if you need it

Healthdirect 24/7 medical advice
1800 022 222

COVID-19 Care at Home Support Line
1800 960 933 (Press 8 for TIS)

Isolation Support Line
1800 943 553

Translating & Interpreting Service (TIS)
13 14 50

Other useful links

COVID-19 Community Resources for Western Sydney

NSW.gov.au

Service NSW

Managing COVID-19 safely at home (NSW Health)

Danger signs! Call Emergency 000

Get help immediately if someone has:

* Trouble breathing
* Severely dizzy, drowsy or confused
* Chest pain or pressure for more than 10 minutes