



COVID-19 Patient information

Community Management Centre



HOW WILL I BE CARED FOR AT HOME?

Please contact your GP (or local doctor) as soon as possible for COVID-19 virtual care. Your GP will provide your ongoing care.

You will be sent a message containing your discharge from the Public Health Order (release from isolation certificate) 10 days post your COVID swab.

If you do not have a GP, visit this link:

[about.healthdirect.gov.au/nhsd](https://www.healthdirect.gov.au/nhsd)

and then click 'general practice'.

You can search by suburb or postcode.

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.



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.

LOOKING AFTER YOURSELF

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

Can you...

Get your own food?



Call your GP

Drink?



Call your GP

Go to the toilet normally?



Call your GP

Take your regular medication?



Call your GP

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

I feel good



I have trouble breathing



Call 000

I feel dizzy/lightheaded



Call your GP

I feel faint



Call 000

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**.

Take your readings after resting. Allow 30-60 seconds for the device to detect your pulse.

Oxygen level (SpO2%):

95-100 

Below 95 →  Call 000

Heart Rate (PR bpm):

50-120 

Over 120 →  Call 000



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 ph: **1800 020 080**
- ▶ The **Health Direct health advice line** is available 24 hours a day, 7 days a week ph: **1800 022 222**. Visit the website for more information: **healthdirect.gov.au/coronavirus**
- ▶ **SESLHD COVID-19 Information for patients isolating at home** **www.seslhd.health.nsw.gov.au/covid-community-care**
- ▶ **NSW Government website** has up-to-date information. Visit the website: **health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx**
- ▶ **Coronavirus Australia app** (Australian Government)

 Apple App Store — **apps.apple.com/au/app/coronavirus-australia/id1503846231**

 Google Play Store — **play.google.com/store/apps/details?id=au.gov.health.covid19**

- ▶ **NSW Health Pathology** COVID-19 test results information **www.pathology.health.nsw.gov.au/covid-19-info/covid-19-results-direct**

Mental Health Supports

- ▶ **NSW Health Mental Health Line** ph: **1800 011 511**
- ▶ **Beyond Blue** ph: **1300 224 636**
- ▶ **Lifeline** ph: **13 11 44**



This information is for people over the age of 16 years only

If you have concerns about a child please call
Virtual Kids 1800 005 846



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.



Afterhours support:

Health Direct ph: **1800 022 222**

For free help in your language:
call the Interpreter Service on **13 14 50**



If you are feeling worse and do not have a GP please call the COVID-19 Community Care Team Between 8am & 8pm 7 days a week on 1800 222 353