

COVID-19: Protect + connect to care

Protect yourself and others against COVID-19



Wear a mask

- Wearing a high-quality and well-fitted mask can help protect you from the virus.



Let fresh air in

- Open windows and doors to reduce the spread of the virus.



Get tested

- Anyone with symptoms should stay home and test using a Rapid Antigen Test (RAT).
- Report your RAT to the [Department of Health](#) online, or by calling **1800 675 398** and tell your close contacts.
- Do not visit or work in sensitive settings for at least 7 days if you have COVID-19 or similar symptoms.



Get vaccinated

- Boosters help to create a broader immune response and improve the strength and duration of protection against severe disease, hospitalisation and death.
- Stay up to date with COVID-19 vaccinations recommended for your age or individual health needs.
- If you had COVID-19, you should still get vaccinated after three months to receive maximum protection.
- See your GP or pharmacist, or book at covid-vaccine.healthdirect.gov.au/booking/



Stay home if unwell

- Anyone with symptoms including runny nose, sore throat, cough, fever or chills should stay home.
- A person with COVID-19 should isolate for at least 5 days and until symptoms resolve.

Connect to care



Get medicines if at risk

- Most cases of COVID-19 are mild and can be managed at home.
- Medicines are available for eligible people with COVID-19 to prevent them from becoming seriously ill needing hospital care.
- These antiviral treatments need to be prescribed by a healthcare provider.
- Develop a plan with your GP, then if you test positive, contact your GP immediately.



Access South East Metro COVID Positive Pathways

- Targeted care and support for priority population groups including Aboriginal Torres Strait Islanders, people aged over 80, people with a disability or their carer, refugees and asylum seekers and those that can't safely isolate at home.
- Referrals to [Sandringham Ambulatory Care Centre](#) by telephone on 9119 1025 or email team@covidpathway.com.au

GP Respiratory Clinics:

- provide free care to children and adults with COVID or respiratory symptoms (such as coughing, runny nose, fever) or other COVID-19 symptoms (such as nausea, vomiting, diarrhoea).
- offer face to face assessments (including testing) and immediate support for respiratory illnesses (such as influenza, COVID-19, asthma, hay fever).
- are free for everyone (babies, children and adults), with or without Medicare.

