



# Your COVID-19 health support guide



Health  
Western Sydney  
Local Health District

✓ Be prepared    ✓ For people with COVID-19    ✓ For household contacts



**How to use this guide:** Click on each underlined topic or the symbols for information.



Information available for Aboriginal & Torres Strait Islander communities



Translated resource available



Language can be changed using dropdown box in top right corner

## Prevent & Prepare



Get vaccinated

COVID-19 care kit

Concession card holder access   
to rapid antigen tests (RAT)

Hygiene tips

## Testing



When to test

What test to use

How to do a rapid antigen test (RAT)

Next steps if you tested positive

## Self-isolating



Who needs to? How to?

How long to self-isolate if you have COVID-19

Household and close contact guidelines

How to keep your household safe

## Help lines



Isolation Support Line:  
1800 943 553

Flu and COVID-19 Care at Home  
Support Line: 1800 960 933

After-hours health advice, Healthdirect:  
1800 022 222

BeyondBlue Mental Wellbeing Support:  
1800 512 348

Translating & Interpreter Service (TIS):  
13 14 50

## Recovery



How long will symptoms last?

Symptoms after having COVID-19

Get back to physical activity

Healthy living

What if I am re-exposed to   
COVID-19?

When to get vaccinated/  
a booster

## Managing symptoms

Have COVID-19? What to do first

Tips to manage symptoms

When to call for help:

- for adults
- for children
- for pregnant women



## Supplies & support



Wellbeing

Food

Essential items

Medications

Financial help

**Call Emergency 000**

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