



# Stay home if you have symptoms

If you have any COVID-19 symptoms, it is important you stay home and take a rapid antigen test.

If you test negative, you should still stay home until your symptoms go away.

If you test positive, follow the checklist below.

## Checklist for COVID-19 cases

- Look after your health and check if you are eligible for COVID medicines.
  - Most people, especially with mild symptoms, can recover safely at [home](#).
  - If your symptoms worsen, call your GP, GP respiratory clinic or the Coronavirus Hotline on **1800 020 080** – 24 hours a day, 7 days a week.
  - For urgent care, get immediate help and call **000**.
- You should stay at home for at least 5 days and until you no longer have symptoms.
- Tell people and places you may have been in contact with and share the [Checklist for COVID-19 Contacts](#).
- Report your positive rapid antigen test result [online](#) or by calling the Coronavirus Hotline on **1800 675 398** to get access to support and COVID medicines.

## Recovering from COVID-19

Everyone recovers differently from COVID-19. You may still experience symptoms even after your 7-day isolation period. Please note:

- A negative RAT result is a helpful tool to check if you are still infectious. If you're unsure about leaving home, contact a GP or a [GP Respiratory Clinic](#).
- You may catch COVID-19 again as early as 4 weeks after your recovery. You should get tested again after 4 weeks if you have new symptoms.
- To ensure maximum protection, you should wait 6 months from your last dose or COVID-19 infection before getting your next [vaccine dose](#).
- If your [symptoms](#) last for more than 3 months, you should see your GP. You may have long COVID.