Self-assessment for risk of coronavirus (COVID-19)

If you have a fever or respiratory symptoms:
- Ring the COVID-19 24-hour hotline 1800 675 398 or a GP or emergency department, to arrange for testing and appropriate care.

If you test positive:
- You will receive care at home or in hospital depending on the severity of your illness.

If you test negative:
- If you were in self-quarantine, continue to self-quarantine for the remainder of the 14 days.
- If you are a casual contact, continue to monitor yourself for the remainder of the 14 days.

Additional information for healthcare workers and residential care workers

In addition to the above steps, the following information applies to healthcare workers and residential care workers who have direct contact with patients or residents.

If you have an influenza-like illness, which is a fever above 37.5 and symptoms of an acute respiratory infection (shortness of breath, cough, coryza and/or sore throat):
- do not go to work
- ring the COVID-19 24-hour hotline 1800 675 398 or a GP or emergency department, to arrange for testing and appropriate care.

If you test negative you can return to work when well, at the direction of your treating doctor.

A healthcare worker who has worn appropriate personal protective equipment while treating a patient does not become a close contact as a result of that care. They may be a casual contact as a result of that care so should monitor themselves for 14 days.

*The most common symptoms of COVID-19 are fever, cough, shortness of breath, muscle pain and fatigue.