

# What you need to know if you test positive for COVID-19?

KEEP IT

COVID  
safe

Important information for the people of King Island who have COVID-19

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Most people with COVID-19 will have a mild illness and make a full recovery. Some people can get very sick.

Even if you have a mild illness, you can still spread the virus to others who could get very sick and need care in hospital.

**A positive COVID-19 result** - a positive result from a Rapid Antigen Test (RAT), or a PCR test, means that you have COVID-19.

If you have a positive RAT you need to [register your result](#). If you have a PCR the lab or Public Health will notify you of your positive result.

The care you need will be available if you receive a positive COVID-19 result.

You will need to tell those that you live with, or have spent a lot of time with, that you have tested positive for COVID-19. They need to quarantine away from others to help prevent further spread of the virus and will need to get tested during this time.

See [What to do if you test positive](#).

## COVID-19 Check List

What you can do to help prevent the spread of the virus throughout your community!

### Step 1: Look after your health

When you have COVID-19 it is important to look after your health and get help if you need it. If your [COVID-19 symptoms](#) get worse, call your doctor or the [COVID@home](#) number provided to you. If your symptoms get very bad (especially if this happens suddenly), or you feel like it's an emergency, then call triple zero (000) or go straight to hospital. Make sure you tell them you have COVID-19.

### Step 2: Immediately isolate for 7 days

You must isolate at home or in private accommodation for a minimum of 7 days from

your positive test result. If you're living with others, isolate away from them if you can. Visit [Isolation and COVID-19 support](#) for more information.

For advice on looking after your mental health while in isolation, read about [coping with isolation](#) and [looking after your mental health](#).

### Step 3: Inform your Close Contacts

Tell your [close contacts](#) who are household and household-like contacts - they must quarantine for 7 days.

This means:

- Anyone who lives in your house, or anyone you share accommodation with, is a close contact - tell them to quarantine for **7 days** and have a Rapid antigen tests (RAT) on day 1 and 6.
- Anyone who has visited your home for more than 4 hours over a day is a close contact - tell them to quarantine for **7 days** and have a RAT on day 1 and 6.
- If you have visited another household for more than 4 hours, all members of that household are close contacts, tell them to quarantine for **7 days** and have a RAT on day 1 and 6.
- A close contact can also be someone that has spent 4 hours at the same site, workplace or venue as a case during a significant transmission event.

Close contacts can leave quarantine on **day 7** if they received a negative result from their day 1 and 6 tests.

### Step 4: Tell your workplace

If you worked onsite while infectious, you must tell your employer/workplace you have tested positive to COVID-19.

Your employer/workplace will tell other staff who are workplace contacts that they must:

get a RAT if they have symptoms and isolate until they get a negative result

## What is a Rapid Antigen Test (RAT)?

Rapid Antigen Tests are quick and easy-to-use tests, that can help detect COVID-19. Rapid antigen test kits can be used in a home or business setting.

Rapid antigen testing involves a nasal or throat swab (using a small cotton bud) that is placed into a chemical solution. For full details click [here](#).

## Where to get essential services on King Island

**King Island Pharmacy** - opening hours are unchanged, M-F 9:30am to 5:30pm and Saturday 9:30am to 1:00pm, service from the front door only, no customers are permitted inside the shop.

If you are isolating or quarantining, you can call the team on 03 6462 1395 and every effort will be made to get you your medications in a safe manner.

**Supermarkets** - both Foodworks and IGA offer delivery or contactless pick-up of groceries. There may be a fee for deliveries outside Currie.

Foodworks accept orders online via their app or through their website. You can also email them at [kingisland@stores.foodworks.com.au](mailto:kingisland@stores.foodworks.com.au) or call 03 6462 1144. IGA accept orders via email at [admin@kiiga.com.au](mailto:admin@kiiga.com.au) or over the phone on 03 6462 1244.

**Australia Post** - to arrange contactless collection of parcels, please call the Post Office on 03 6462 1792. No parcels get sent back once they've been delivered to the post office, so if you need to be isolating or quarantining and don't need your parcel urgently, it will be kept safe until you are back out and about. The team are also happy to put newspapers and smaller parcels in your post office box rather than you needing to go inside the shop, just call and ask.

**ServiceTas** - most services provided by Service Tas can also be accessed over the phone (1300 13 55 13), by email ([ask@service.tas.gov.au](mailto:ask@service.tas.gov.au)) or on their website ([www.service.tas.gov.au](http://www.service.tas.gov.au)).

## Locations where RATs are available

Limited Rapid Antigen Tests (RAT) are available for residents of King Island for use by their households. These are being distributed by volunteers from SES, Ambulance Tas and Fire Service.

A maximum of 2 tests per person are provided.

You must wear a mask when collecting.

Collection times currently confirmed are:

**Thursday 13 January**

2pm to 5pm - KI Racecourse, Currie

**Friday 14 January, 2pm to 5pm**

2pm to 5pm - KI Racecourse, Currie

**Saturday 15 January**

11am to 12pm, Grassy Club, Grassy

11am to 12pm, opposite Baudins, Naracoopa

For more information visit the [coronavirus website](#).