



COVID-19 Test & Isolate National Protocols

PROTOCOL 1

COVID-19 confirmed by a positive PCR test

- 1 Isolate at home for at least 7 days from the day you had your PCR test. If you have symptoms at **Day 6**, have another PCR test at a walk in or drive through testing clinic.
- 2 If test is **positive** you must stay at home until symptoms are gone or have a negative PCR test. If you have symptoms at **Day 12**, have a PCR or RAT self-test.
- 3 Notify your household, school or employer that you have COVID-19.
- 4 If you have **no symptoms** at **Day 7**, you can return to normal living and leave your home. You do not need a further test.
Wear a mask when leaving the home and avoid visiting high-risk settings for at least 7 days following negative test or end of symptoms.

Always seek medical help if you become very unwell.

PROTOCOL 2

Close Contact and have symptoms

- 1 Stay home for 7 days since you last had contact with the person who has COVID-19.
- 2 Go to a walk in or drive through testing clinic for a PCR test if you have symptoms at any time. Make sure you wear a mask and physical distance when you do this.
- 3 Stay at home while waiting for the test result.
If you test **positive** for COVID-19 follow **Protocol 1**. If you test **negative**, continue to stay at home.
- 4 On **Day 6** of isolation, take another RAT self-test or PCR test.
If your Day 6 test is **negative**, you can leave home and return to normal living after completing the 7 days of home isolation.
Wear a mask when leaving the home and avoid visiting high-risk settings for at least 14 days following exposure to the person with COVID-19.

Always seek medical help if you become very unwell.

PROTOCOL 3

Close Contact with no symptoms

- 1 Stay home for 7 days since you last had contact with the person who has COVID-19.
- 2 Take a RAT self-test as soon as possible. If positive, follow **Protocol 1**. If negative, continue to stay at home for 7 days, monitor for symptoms and follow **Protocol 2** if they develop.
- 3 On **Day 6** of isolation, take another RAT self-test.
If your Day 6 self-test is **positive**, follow **Protocol 2** and go to a walk in or drive through testing clinic for a PCR test for confirmation.
If your Day 6 self-test is **negative and you have no symptoms**, you can leave home and return to normal living after completing the 7 days of home isolation.
Wear a mask when leaving the home and avoid visiting high-risk settings for at least 14 days following exposure to the person with COVID-19.

PROTOCOL 4

Other contacts

If you have had less contact with someone with COVID-19, such as contact in a social, shopping, education or workplace setting.

- 1 You should monitor for symptoms and have a RAT self-test if these occur. If **positive**, a PCR should be used to confirm the RAT result. If **positive**, follow **Protocol 1** and stay at home until test is **negative**.
Wear a mask when leaving the home and avoid visiting high-risk settings for at least 14 days following exposure to the person with COVID-19.

**WA, SA, NT & TAS residents should check their state or territory requirements and timelines*

*You are a **Close Contact** if you are living with someone who has COVID-19, have spent 4 hours or longer with someone in a home or health or aged care environment since they developed COVID-19, or under exceptional circumstances determined by individual states or territories.*