COVID-19 PATIENT INFORMATION SHEET

phn
WESTERN NSW
An Australian Government Initiative

CONNECT WITH YOUR GP TEAM

Your GP team will be looking after you by:
- Helping you to monitor your own health
- Connecting with you, usually via video or phone consultations, for the duration of your COVID illness

FIND A SUPPORT PERSON

Contact a family member or friend and tell them you have COVID-19.

Ask them to call you twice a day at agreed times so they know you are okay.

This support person will help keep you safe.

Tell your support person that they should **call 000** if they cannot get in contact with you at the agreed times.

CALL 000 IF ANY OF THESE THINGS HAPPEN:

- Your breathing suddenly gets much worse within an hour
- You can't finish a short sentence because you are breathless

If you call 000, you must let them know that you are COVID positive.
When the ambulance arrives, put a face mask on <u>before</u> you open the front door.

WHAT DOES TROUBLED BREATHING LOOK LIKE IN A CHILD?

If your child is having trouble with their breathing, you may notice one or more of the following:

- Breathing fast
- A blue colour around their mouth or on their fingernails
- Noisy breathing (grunting sounds or wheezing whistling sounds)
- Your child's chest sinks in under the breastbone or between the ribs with each breath.

Normal

Trouble breathing
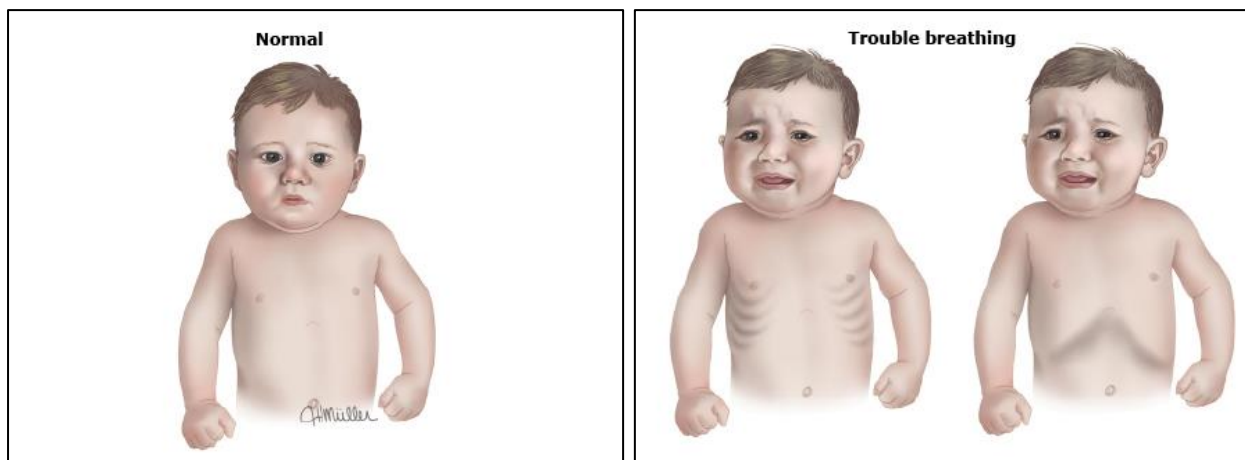
LOOKING AFTER YOURSELF

Do a self-check 3 times a day (morning, afternoon and evening).

You can do this by answering the online COVID self-check questions via a link that your GP team will share with you. Your online answers will be automatically shared with your GP team, but they will not be able to be seen by anyone else online.

OR

You can do this by answering the questions on the attached COVID self-check form. You can then let your GP team know about your answers when you speak with them at your next video or phone consultation.

HOW TO GET MEDICAL HELP DURING THE AFTER HOURS PERIOD

Find out from your GP what number to call if you need medical help during the After-Hours period.

Write this number here _____.

You can also get medical advice from Healthdirect 24 hours a day, 7 days a week, on 1800 222 222.

In an emergency, call 000 and let them know that you are COVID positive.

IT IS IMPORTANT THAT YOU SELF-ISOLATE

Self-isolation means you must stay at your home or accommodation and remain separated from others, even if you are fully vaccinated or feel well. This means you cannot:
- Go to work or school
- Go to any public places (eg shops, parks)
- Use public transport
- Have any visitors in your home, unless they are providing healthcare, emergency maintenance or emergency services

You are only allowed to leave your home or accommodation to get a COVID test, for urgent medical care or in an emergency (including to avoid injury or escape the risk of harm from domestic violence).

You can leave self-isolation when you have been "medically cleared" by a doctor and provided with a medical clearance notice. For most people this occurs between Day 10 to 14 of your COVID infection.

IMPORTANT INFORMATION ABOUT COVID INFECTION AND SELF-ISOLATION

Can be found via:
- https://www.health.nsw.gov.au/Infectious/factsheets/Pages/advice-for-confirmed.aspx
- https://www.health.nsw.gov.au/Infectious/factsheets/Pages/self-isolation-covid-and-close.aspx
- https://www.schn.health.nsw.gov.au/fact-sheets/covid-19-in-children

OTHER INFORMATION ON COVID

- The **National Coronavirus Helpline** 1800 020 080 provides information about COVID-19 and vaccines. It operates 24 hours a day, 7 days a week.
- **Healthdirect** COVID-19 webpage
  https://www.healthdirect.gov.au/coronavirus
- **NSW Health** COVID-19 guidelines and fact sheets
  https://www.health.nsw.gov.au/Infectious/covid-19/Pages/isolation-guidelines.aspx

COVID SELF-CHECK FORM

Ask yourself these questions 3 times a day (morning, afternoon, and evening).

How do you feel after walking around the room for 30 seconds?

I feel good	➔	Great!
I feel dizzy or lightheaded	➔	Call your GP
I collapse or faint	➔	**Call 000** and let them know that you are COVID positive
I have trouble breathing	➔	**Call 000** and let them know that you are COVID positive

Do you have one or more of these symptoms?

Pain or pressure in your chest lasting more than 10 minutes?

Severe headache?

Confused or very sleepy?

➔ If yes, **call 000** and let them know that you are COVID positive

Not drinking well?

Stopped peeing or peeing much less than usual?

Vomiting, tummy pain or runny poo?

➔ If yes, call your GP

Are you…

Running out of food at home?	➔	If yes, ask your support person for help if required
Needing help with getting medicines?	➔	If yes, call your pharmacist and ask for medicines to be delivered to your home