

COVID-19 PATIENT INFORMATION SHEET

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

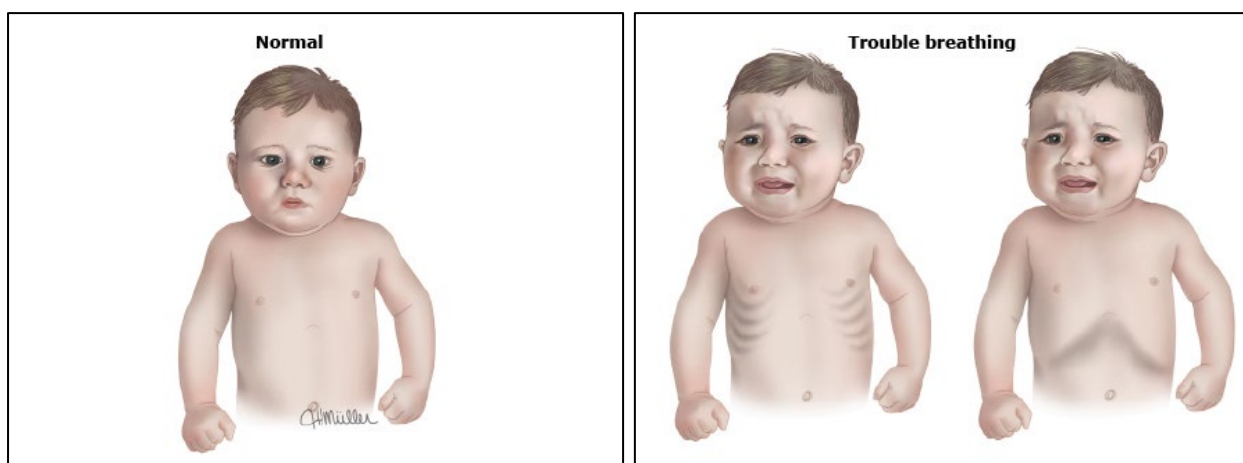
If you call 000, you must let them know that you are COVID positive.

When the ambulance arrives, put a face mask on before 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.



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 COVID clearance certificate. For most people this occurs between Day 7 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 in your chest? | } | → If yes, call your GP |
| Vomiting, tummy pain or runny poo? | | |
| Not drinking well? | | |
| Stopped peeing or peeing much less than usual? | | |
| Confused or very sleepy? | | |
| Severe headache? | | |
| Coughing up blood? | | |

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 |

Check your oxygen level and heart rate 3 times a day (morning, afternoon, and evening)

if you have been provided with a pulse oximeter. Follow the instructions on the "How to use a pulse oximeter" factsheet.

Oxygen level?

- | | |
|-----------|----------------|
| 94 to 100 | → Great! |
| Below 94 | → Call your GP |

Heart rate?

- | | |
|-----------|----------------|
| 50 to 120 | → Great! |
| Over 120 | → Call your GP |

HOW TO USE A PULSE OXIMETER

This pulse oximeter has been provided to you by Western NSW Primary Health Network.

Pulse oximeters measure:

- your **oxygen level**; and
- your **heart rate**

Checking these measurements will help your healthcare team work out whether you are:

- **doing well** and can continue with your current treatment; or
- **getting unwell** and perhaps needing some tests and other treatment to be provided

The pulse oximeter fits onto the tip of your finger, like a clothes peg, and doesn't hurt.

BEFORE USING YOUR PULSE OXIMETER

- Remove any nail polish, false nails, or anything else covering your nails
- Wash your hands
- Warm your hand by resting it on your chest for 5 minutes

CHECKING YOUR MEASUREMENTS

- Squeeze one end of the pulse oximeter so that it opens wide enough to let your finger fit inside the other end



- Slide your finger in as far as it can go



- Walk around the room for 30 seconds, then stop and keep your hand still
- Press the power button to turn on the pulse oximeter



- Watch the numbers on the pulse oximeter
- The first number is your oxygen level. The second number is your heart rate.



- When the numbers on the pulse oximeter have stopped changing, write these numbers down so you can then enter them into the MediTracker app or let your GP know at your next appointment.
Call your GP now if your oxygen level is below 94 or your heart rate is over 120.
- Also check the battery level on your pulse oximeter. If the battery is low, call your GP for advice.
- Take the pulse oximeter off your finger. It will then turn off by itself.
- Check your measurements once in the morning, once in the afternoon, and once in the evening

IF THE PULSE OXIMETER DOESN'T SEEM TO BE WORKING

- Warm up your fingers more by rubbing your hands together
- Try using another finger
- Phone your GP for advice

LOOKING AFTER YOUR PULSE OXIMETER

- Keep the pulse oximeter in a clean dry place
- Do not get the pulse oximeter wet