

Managing COVID-19

COVID-19 Symptoms

Common COVID-19 symptoms include:

- ◆ Fever
- ◆ Cough
- ◆ Loss of smell and/or taste

Other less-common symptoms include:

- ◆ Sore throat
- ◆ Runny or stuffy nose
- ◆ Fatigue
- ◆ Shortness of breath
- ◆ Headache
- ◆ Aches and pains
- ◆ Vomiting or nausea
- ◆ Diarrhoea

Some of these symptoms can also occur with the common cold, influenza or hayfever.

Testing for COVID-19

If you are a close contact of someone with COVID-19 or experiencing any of these symptoms, you can test for COVID-19 using a Rapid Antigen Test. A result is provided in about 15 minutes. Rapid Antigen Tests can detect the virus in the early stages of infection — especially in the week before and the week after symptoms appear.

If you get a negative test, you can use symptomatic treatment and monitor your condition. It is recommended to rest and keep up your fluid intake (e.g. water) and to mix as little as possible with other people to prevent any spread.

If you get a positive result from a Rapid Antigen Test, you need to avoid mixing with people straight away and attend a testing station for a PCR test as this is the most reliable way to diagnose COVID-19.

Treating and Monitoring COVID-19 Symptoms

Mild to moderate cases can be managed by resting and keeping up your fluid intake and not mixing with other people. Symptomatic treatments such as paracetamol or ibuprofen can be used if needed. Your pharmacist can assist with what is appropriate for your situation. Thermometers, hand sanitiser and face masks are also available from your community pharmacy.

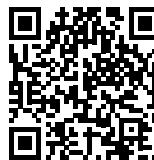
You should also monitor and record your symptoms in case your condition gets worse. If you live alone, ask a family member or friend to contact you twice a day at agreed times to check you are ok. Tell your support person to call 000 if they cannot contact you at the agreed times.

The following symptoms could indicate a more severe or serious illness and should be treated in hospital:

- ◆ Worsening shortness of breath or difficulty breathing
- ◆ Blue lips or face
- ◆ Pain or pressure in the chest
- ◆ Cold and clammy, or pale and mottled, skin
- ◆ Fainting or collapse
- ◆ Being more confused
- ◆ Becoming difficult to wake up
- ◆ Less urine (wee) than normal, even when drinking lots
- ◆ Coughing up blood

Contact the emergency department (ED) before attending to inform them that you're a confirmed COVID-19 case. Wear a surgical mask at all times and report directly to staff that you're a confirmed COVID-19 case. If you cannot get yourself to the ED, call 000 for assistance.

Scan here for more information on managing COVID-19 at home:



Disclaimer: This information sheet is intended as a tool to support pharmacists in assisting people to manage and monitor COVID-19 symptoms. Every effort has been made to ensure that the content of this information sheet is correct at the date of publication. This information sheet does not replace official government advice or guidelines. Pharmacists should stay up to date with the latest information on managing COVID-19 by consulting www.healthdirect.gov.au to ensure that this information is appropriate for their practice, patients, and clients.



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