

# COVID-19: Testing and isolation protocols



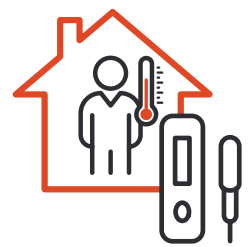
## I am a close contact who develops symptoms

With COVID-19 in the community, it is important for you to know what to do to keep yourself and others safe. This protocol will help you if you have symptoms and are a symptomatic close contact of someone who has tested positive for COVID-19.

Isolate for 7 days from date of contact.



Take a PCR or RAT as soon as symptoms develop.



**Test positive**  
Refer to the 'I have tested positive to COVID-19' protocol.



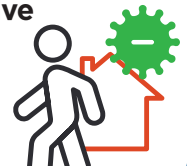
**Test negative**  
PCR: Continue to isolate  
RAT: Continue to isolate and take a RAT again in 24 hours.



**Test negative**  
Refer to the 'I am a close contact and have no symptoms' protocol.



**Test negative**  
You can leave your home after day 7 of isolation, providing you have a negative RAT on day 7 and there are no new cases in your household.



For the next 7 days, wear a mask indoors and outdoors, and don't visit high risk settings (exemptions apply).



**Symptoms include:**



Fever



Sore/scratchy throat



Runny nose



Fatigue



Shortness of breath



Dry cough