

TH

EALTH

ALTH

# COVID -19: After leaving hospital

What to expect after your COVID diagnosis

* Most people with COVID-19 will have a mild illness and will recover in a few days.
* Common symptoms include runny nose, cough, tiredness and fever. These symptoms can be managed with rest and plenty of fluids, similar to a regular cold or flu.
* If you feel unwell, paracetamol and ibuprofen can be taken to help relieve symptoms.
* Drinking plenty of water and rest are recommended
* You will need to self-isolate until the Department of Health tells you that you can leave your home.

What you should do now

1. Continue to **ISOLATE** in the community as instructed by the Department of Health.
2. Tell everyone who is staying at your house (your household contacts) that you have tested positive for COVID-19. They must have a COVID-19 test and return home to isolate immediately.
3. **PHONE** your regular doctor (general practitioner) and inform them that you are COVID-19 positive and have been to the Austin Hospital’s Emergency Department or ward.

Taking care of yourself

Your Health

If you do not have any other illnesses, your regular doctor (GP) can take care of you using telephone appointments.

* Take regular, simple over-the-counter PAIN RELIEF (e.g. Paracetamol or ibuprofen) for aches, pains and fevers
* DRINK water regularly.
* Continue to take your normal medications. If you run out of your normal medications, call your local pharmacy and ask them to home deliver medication.

When to see a doctor

You should seek help from a doctor if you:

* Have new or worsening shortness of breath
* Have chest pain or tightness
* Are coughing up blood
* Are unable to eat for more than 1 day
* Faint

For non urgent help, you can call:

* Your general practitioner (GP)
* Austin Health COVID Positive Pathways on 1800 518 205 (press 5).
* The Victorian Coronavirus Hotline is available 24 hours a day on 1800 675 398 and press 0 for information in your language.

**In an emergency call Triple Zero on 000 and tell the operator you have tested positive to COVID19.**

Community and financial supports

You can call the Coronavirus hotline on 1800 675 398 for help with:

* Arranging care if you feel worse during your isolation
* Arranging transport for medical treatment or repeat COVID testing
* Arranging alternative accommodation if you cannot safely isolate at home
* Arranging a free emergency relief package with basic food and essentials (such as nappies or personal care items) if you need it

You may be eligible for the $1500 Pandemic Leave Disaster Payment, a one-off payment to help Victorian workers who have been asked to isolate. Contact Centrelink on 131 202.

Try a home delivery service for GROCERIES, such as:

* + Coles: shop.coles.com.au
	+ Woolworths: woolworths.com.au
	+ IGA: iga.com.au/shop-online

Mental Health Supports

* **Beyond Blue**: A dedicated service if you feel anxious, stressed, depressed or need help. Call 1800 512 348 or visit coronavirus.beyondblue.org.au
* **HeadtoHelp**: Talk to a mental health professional and connect to support services for you by calling 1800 595 212. You can also visit headtohelp.org.au
* **Lifeline Australia:** A crisis support service to help you when you have difficulty coping or feel unsafe. Call Lifeline on 13 11 14 or visit lifeline.org.au
* **Headspace:** A support and counselling service for 12-25-year-old Victorians and their family and friends. Call Headspace on 1800 650 890 or visit headspace.org.au/