

## SYMPTOMS OF COVID-19

### Common symptoms

#### UPPER RESPIRATORY

- Runny nose
- Sore throat

#### LOWER RESPIRATORY

- Breathlessness
- Cough
- Fever

#### FLU-LIKE

- Headache
- Muscle aches
- Tiredness
- Fever

#### GASTRO-INTESTINAL

- Nausea
- Vomiting
- Diarrhoea

For further information regarding symptoms, visit:  
[https://www.healthywa.wa.gov.au/Articles/A\\_E/Coronavirus/Managing-COVID19-at-home-and-in-the-community/COVID19-symptoms-what-to-expect](https://www.healthywa.wa.gov.au/Articles/A_E/Coronavirus/Managing-COVID19-at-home-and-in-the-community/COVID19-symptoms-what-to-expect)

### Severe symptoms

The following symptoms could indicate more severe or serious illness, so they should be treated in a hospital. If you develop any of the following symptoms (or any other symptoms stated by your GP), call emergency services on 000 immediately. Tell the phone operator that you have been diagnosed with COVID-19 and have severe symptoms, and that you need an ambulance.

- your oxygen level is 92% or less when you test using a pulse oximeter (use of pulse oximeter only required if indicated by your GP)
- 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
- little or no urine output – less urine than usual, even though you have been drinking lots of fluid
- coughing up blood.

## ISOLATING AT HOME

Anyone diagnosed with COVID-19 must isolate to prevent the spread of infection. Isolation is a public health requirement. Isolation involves:

- staying at home, unless you need to leave to get medical care or if you feel unsafe in your home
- living in a separate room away from other people in your household
- if you cannot isolate in a separate room, avoid shared spaces in the house as much as possible and wear a mask when moving through shared areas, and wipedown any surfaces you touch
- if you can, use a separate bathroom that others do not use. If you share a bathroom, wipe down any surface you touch and flush the toilet with a closed lid
- ensuring others do not enter your home, unless they are providing necessary medical or personal care, or emergency services
- having groceries and other essential items delivered to your home

For information regarding how long you need to isolate for please see chart overleaf.

## HOW WILL I BE CARED FOR?

After you receive notification of your COVID-19 positive result, you will receive a phone call from one of our Respiratory Clinic GPs. As part of our COVID Treatment program, you can expect the following:

- 1) A detailed initial assessment by a GP including:
  - assessing risk factors for more severe disease
  - how to manage symptoms at home
  - infection control at home
  - advice re safety of other household members
- 2) Contact from our team as regularly as deemed necessary from the initial assessment.

This service has no cost to the patient.

Alternatively, the WA Health Department offers remote service home monitoring care for those who have risk factors for hospitalisation. Registration for "WA COVID Care at Home" is required via the WA Health Dept website.

For more information please visit  
(or use QR code)  
<https://pioneerhealth.com.au/COVID-19/COVID-19-Information>



## IMPORTANT NUMBERS

### BUSINESS HOURS:

Albany Respiratory Clinic: 9892 0480 (Mon-Fri 8:15am – 5pm)

### AFTER HOURS:

Hospital (Albany Health Campus): 9892 2222

National COVID-19 Helpline: 1800 020 080

Ambulance in case of emergency: 000

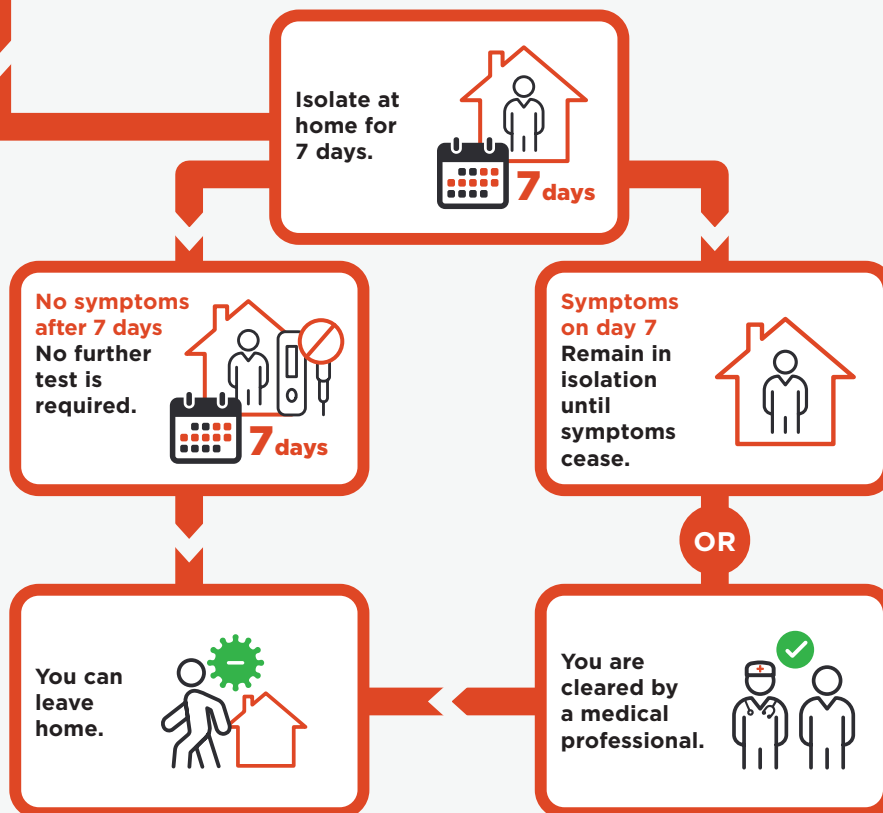


## COVID-19: New testing and isolation protocols in a high caseload environment



### I have tested positive for COVID-19

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 know when and how long you need to isolate for if you are COVID-19 positive.



#### Symptoms include:



Fever



Sore/scratchy throat



Runny nose



Fatigue



Shortness of breath



Dry cough