

IF YOU HAVE TESTED COVID POSITIVE PLEASE READ THE FOLLOWING CAREFULLY

COVID POSITIVE SUPPORT LINE: 1800 960 933

COVID POSITIVE SYMPTOMS OF CONCERN: IMPORTANT SYMPTOMS RED FLAGS

- Vital signs of concern:
 - Persistent tachycardia > 120, or in the red zone for children
 - Respiratory rate > 24, or in the red zone for children
 - Pulse oximetry oxygen saturation < 94% on room air or 3% lower than baseline including transient hypoxia while walking or talking
 - Fever > 39°C lasting > 5 days
 - Fever > 38°C in children < 1 month adjusted age
- Other important symptoms of concern:
 - New or worsening breathlessness
 - Unable to stand
 - Chest pain or tightness lasting > 10 minutes
 - Reduced fluid intake or urine output – less than half of normal in past 24 hours
 - Altered mental state, drowsiness, floppiness
 - Pale, clammy, mottled skin
 - Severe headache
 - Significant parental or carer concern

Common symptoms of covid virus infection which will pass:

- Fever
- Fatigue
- Loss of taste smell
- Mild respiratory symptoms i.e. cough or increased sputum
- Other symptoms can include
- Headache
- Sore throat
- Mild shortness of breath
- Muscle or joint pains
- Runny nose
- Chills
- Intermittent nausea vomiting diarrhoea.

If you have these risk factors as follows, please contact your GP or the covid support hotline 1800 960 933, as further medical attention may be required:

- Unvaccinated or only partially vaccinated against COVID-19
- Age ≥ 65 years
- Pregnant
- Comorbidities: – lung disease, including COPD, asthma or bronchiectasis – cardiovascular disease, including hypertension – obesity (body mass index >30 kg/m²) – immunocompromising conditions*
- Chronic kidney disease • Diabetes (type 1 or 2)
- Liver disease • Significant neurological disorders, such as stroke or dementia
- Some chronic inflammatory conditions and therapies
- Significant frailty or disability
- Severe mental health conditions

Additional Information:

All covid positive patients should isolate for 7 days and must avoid high risk areas such as general practices and hospitals for 14 days after diagnosis.

Please note all covid positive patients are fine to go ahead with their booster 4 weeks after diagnosis

For further details please follow this link:

<https://www.racgp.org.au/clinical-resources/covid-19-resources/patient-resources/managing-mild-covid-19-at-home>