

COVID-19 test and isolate protocols

1 JANUARY 2022



Queensland Aboriginal and
Islander Health Council

PROTOCOL 1

COVID-19 confirmed by a positive PCR test

- 1 Isolate at home for at least 7 days** from the day you had your PCR test. If you have symptoms at **Day 6**, have another PCR test at a walk in or drive through testing clinic.
- 2 If test is positive you must stay at home** until symptoms are gone or have a negative PCR test. If you have symptoms at **Day 12**, have a PCR or RAT self-test.
- 3** Notify your household, school or employer that you have COVID-19.
- 4 If you have no symptoms at Day 7**, you can return to normal living and leave your home. You do not need a further test.

Wear a mask when leaving the home and avoid visiting high-risk settings for at least 7 days following negative test or end of symptoms.

Always seek medical help if you become very unwell.

PROTOCOL 2

Close Contact* and have symptoms

- 1 Stay home for 7 days** since you last had contact with the person who has COVID-19.
- 2** Go to a walk in or drive through testing clinic for a PCR test if you have symptoms at any time. Make sure you wear a mask and physical distance when you do this.
- 3** Stay at home while waiting for the test result. If you test **positive** for COVID-19 follow **Protocol 1**. If you test **negative**, stay at home.
- 4** On **Day 6** of isolation, take another RAT self-test or PCR test. If your Day 6 test is **negative**, you can leave home and return to normal living after completing the 7 days of home isolation.

Wear a mask when leaving the home and avoid visiting high-risk settings for at least 14 days following exposure to the person with COVID-19.

Always seek medical help if you become very unwell.

PROTOCOL 3

Close Contact* with no symptoms

- 1 Stay home for 7 days** since you last had contact with the person who has COVID-19.
- 2** Take a RAT self-test as soon as possible. If **positive**, follow **Protocol 1**. If **negative**, continue to stay at home for 7 days, monitor for symptoms and follow **Protocol 2** if they develop.
- 3** On **Day 6** of isolation, take another RAT self-test. If your Day 6 self-test is **positive**, follow **Protocol 2** and go to a walk in or drive through testing clinic for a PCR test for confirmation.

If your Day 6 self-test is **negative and you have no symptoms**, you can leave home and return to normal living after completing the 7 days of home isolation.

Wear a mask when leaving the home and avoid visiting high-risk settings for at least 14 days following exposure to the person with COVID-19.

PROTOCOL 4

Other contacts

If you have had less contact with someone with COVID-19, such as contact in a social, shopping, education or workplace setting.

- 1** You should monitor for symptoms and have a RAT self-test if these occur. If positive, a PCR should be used to confirm the RAT result. **If positive, follow Protocol 1** and stay at home until test is negative.

Wear a mask when leaving the home and avoid visiting high-risk settings for at least 14 days following exposure to the person with COVID-19.

**You are a Close Contact if you are living with someone who has COVID-19, have spent 4 hours or longer with someone in a home or health or aged care environment since they developed COVID-19, or under exceptional circumstances determined by individual states or territories.*