

COVID-19 Q&A

Questions and answers to help you and your family stay safe

How does COVID-19 spread?

The virus spreads between people who are in close contact with each other, for example talking, sneezing or coughing while standing close to each other. The virus can also spread in poorly ventilated and crowded indoor settings that don't have much fresh air.

Can people without symptoms spread COVID-19?

The virus mainly spreads through people who have symptoms but it is possible to pass it on without showing any symptoms like coughing or a sore throat.

If you test positive for COVID-19 but don't have any symptoms, you still need to be careful and avoid contact with other people who are not COVID-positive.

What can I do to avoid getting COVID-19?

- **Get vaccinated** against COVID-19
- **Stay away** from crowded, indoor spaces
- Keep yourself and others safe by **staying at least 1 metre away from other people**
- **Open windows** where possible
- **Wear a mask**
- **Wash your hands** often and sanitise regularly
- **Cover your coughs and sneezes** and clean hands regularly.

Can I still get COVID-19 even if I am vaccinated?

COVID-19 vaccines are highly effective at protecting you against serious illness and death, but some people will still get sick from COVID-19 after vaccination.

It is important to continue to avoid crowded spaces and wear a mask, even after you're vaccinated.

Why should I wear a mask?

Masks are used to protect yourself from the virus if you're healthy or stop the spread of the virus if you're infected. You should wear a well-fitted mask that covers your nose and mouth when talking with people who are not members of your household.

When should I get tested for COVID-19?

You should go to a walk-in (PCR) testing clinic:

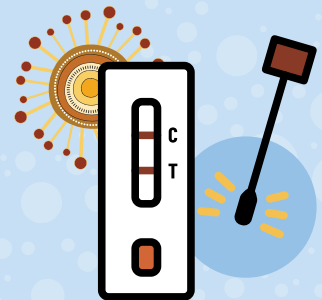
- if you have COVID-19 symptoms (coughing, sore throat, fatigue etc)
- if you are a close contact to someone who has tested positive for COVID-19.
- If you have COVID-19 symptoms but can't get to a PCR testing clinic and you have access to a Rapid Antigen Test, you can test yourself at home and report any positive result online at www.qld.gov.au/rat-positive. If you're unable to report online call 13 HEALTH (13 43 25 84).

What is a Rapid Antigen Test (RAT)?

Rapid antigen tests can detect whether proteins of the COVID-19 coronavirus are present in your body.

They are not as accurate as testing at a walk-in or drive-in clinic but rapid antigen tests can be done at home and without a doctor.

Rapid antigen tests are available to purchase at pharmacies and supermarkets, but they may be in short supply at the moment. You can access up to 10 free rapid antigen tests from pharmacies if you have a concession card.



For more information call 13 COVID (13 42 68) or visit www.makethechoice.com.au.

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Keeping safe and what to do if you test COVID-positive

What happens if I test positive to COVID-19?

- **Immediately isolate** for seven days (and report the result of your rapid antigen test online if you took a rapid antigen test).
- **Tell everyone in your household to get tested** and ask other contacts to monitor their health and take a test if unwell.
- **Ask friends or family** (who don't live with you) **to get you food and medication** and deliver it at your door.
- **Take it easy and monitor your symptoms** by keeping a COVID-19 symptom diary. Most symptoms can be managed with bed rest, paracetamol, throat lozenges and keeping hydrated.

Someone in my house has COVID-19, do I need to isolate too?

Yes, you are now a close contact of that person and need to isolate for seven days. If you have symptoms you should visit your nearest testing clinic as soon as possible. If you have no symptoms you should take a rapid antigen test at home.

I am caring for someone with COVID-19, how can I keep myself safe?

The person with COVID-19 should stay in a separate, well-ventilated room, and use a separate bathroom if one is available. If they can't isolate in a separate room, they should avoid shared spaces in the house as much as possible — such as the kitchen. The person should wear a mask when moving through shared areas.

When is it ok to leave isolation after being COVID-positive?

Most people with COVID-19 will have a mild illness and will recover in a few days.

People with mild illness are generally considered to be recovered after seven days if they have no more symptoms at this time. If you have no symptoms on day six you may leave isolation. If you still have symptoms at day six or seven, you must continue to isolate until your symptoms are gone.

You do not need a negative COVID-19 test to be able to return to work, unless you are a healthcare worker or aged care worker—and then you should check with your employer what is required.

If I am managing COVID at home, when should I call my doctor?

You should contact your doctor or call 13 HEALTH (13 43 25 84) if you're pregnant, have any chronic conditions or have any concerns about your health.

If you are having trouble doing things like preparing and eating food, taking your regular medication, showering, or going to the toilet you should call your doctor. You should also contact your doctor if you feel dizzy or lightheaded or your symptoms start to worsen.

If you are experiencing breathlessness, fainting, chest pain, coughing up blood, or weeing a lot less than usual call triple zero (000) for an ambulance and tell the ambulance staff that you have COVID-19.

What will recovery from COVID-19 be like?

Some people may recover from COVID-19 in days, some in weeks. But for others, it could be months. Each case is unique but people recovering from more severe symptoms are likely to face a longer recovery period.

'Long COVID' is when a person continues to have COVID-19 symptoms for months after their diagnosis. Even people who had a mild COVID-19 infection and weren't hospitalised can still have long COVID symptoms, including fatigue, joint pain, pounding heartbeat, shortness of breath and dizziness.

For health advice call **13 HEALTH (13 43 25 84)** or call **000** if you are having trouble breathing or have chest pain.

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