

COVID-19 Infection-Patient Information (TAS)

The following information is intended for patients of our practice who have recently tested positive for COVID-19 (SARS-CoV-2 virus)

1. You may or may not be contacted by the Tasmanian Health Service 'COVID@Home' community health program. This program is intended to provide structured monitoring and medical support via phone calls with state government employed health staff. It is free, optional and has the ability to share a summary of your care with our practice after it finishes. Information is available [here](#), or via the **Public Health hotline on 1800671738**.
2. If you don't participate in this program, your healthcare can be provided to you by our clinic.
3. Our clinic can offer telephone and video (telehealth) consultations for you at home while you have COVID-19. There are Medicare rebates available for these services for patients with a current Medicare card. These can be booked via the usual ways.
4. Most patients with COVID-19 will experience minimal or non-serious symptoms.
5. There is currently no widely available anti-viral treatment being recommended by the Australian Government for people with low risk factors and mild symptoms. Most people recover after a week with minimal treatment required. If serious symptoms occur, this is usually **between days 5 to 10** after the start of your symptoms.
6. **If you deteriorate** with any of the following you should **seek immediate medical assistance or call 000** if you can't talk with a health professional quickly:
 - a. Difficulty breathing/fast breathing rate/blue lips or face/coughing up blood
 - b. Reduced level of consciousness
 - c. Light-headedness or you have collapsed
 - d. Confusion/severe headache
 - e. Chest pain/irregular heartbeat sensation
 - f. Continual vomiting or diarrhoea (watery bowel motions)
7. You should contact your usual doctor if you have a **history of any** of the following. There may be active treatments appropriate for you:
 - a. Older Age, e.g., over 50 years for Aboriginal and Torres Strait Islander people, or otherwise over 65 years
 - b. Unvaccinated or partially vaccinated
 - c. Pregnant
 - d. Underlying health conditions: including - COPD, asthma and bronchiectasis - cardiovascular disease, including hypertension - obesity (BMI >30 kg/m²) - diabetes - renal failure - immunocompromising conditions. **Contact your doctor today** if you are on immunosuppressing medication.
 - e. Geographical remoteness and lack of access to higher level healthcare.
 - f. Concerns about personal safety or lack of access to care at home.
8. There are a lot of **resources** for helping people with COVID-19 understand the condition and available supports. The attached *Managing COVID-19 at home* factsheet has been prepared by the Commonwealth Government. Additionally,
 - a. [RACGP Managing COVID-19 at home with assistance from your General Practice](#) (guide/actionplan/symptom diary)
 - b. [Tasmanian Health Service: What to do if you test positive for COVID-19](#)
9. If you continue to have symptoms or health concerns after your period of quarantine, we recommend you book a telehealth appointment with your doctor. This will allow for an assessment and support for any rehabilitation you may require. Most people make a complete and full recovery.