



# COVID-19 Patient information

## GP Virtual Care



### HOW WILL I BE CARED FOR AT HOME?

Please contact your GP (or local doctor) as soon as possible for COVID-19 virtual care. Your GP will provide your ongoing care including discharge from the Public Health Order (release from isolation).

If you do not have a GP, visit this link:

[about.healthdirect.gov.au/nhsd](https://about.healthdirect.gov.au/nhsd)

and then click 'general practice'.

You can search by suburb or postcode.

### FIND A SUPPORT PERSON

Contact a family member or friend and tell them you have COVID-19. Ask them to call you twice a day at agreed times so they know you are okay.

This support person will help keep you safe.

Tell your support person that they should **call 000** if they cannot get in contact with you at the agreed times.



If you experience shortness of breath at rest or difficulty breathing, or if your symptoms become suddenly worse, you should **call 000**.

**Tell the ambulance staff you are confirmed to have COVID-19.**

### LOOKING AFTER YOURSELF

Ask yourself these questions 3 times a day (morning, afternoon and night).

**Can you...**

**Get your own food?**



Call your GP

**Drink?**



Call your GP

**Go to the toilet normally?**



Call your GP

**Take your regular medication?**



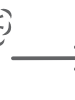
Call your GP

**How do you feel when you stand up and walk around the room?**

I feel good



I have trouble breathing



Call 000

I feel dizzy/lightheaded



Call your GP

I feel faint



Call 000

## OTHER INFORMATION ON COVID-19

These resources provide up-to-date information on coronavirus (COVID-19):

- ▶ **The Coronavirus Health Information Line** is available 24 hours a day, 7 days a week ph: **1800 020 080**
- ▶ The **Health Direct health advice line** is available 24 hours a day, 7 days a week ph: **1800 022 222**. Visit the website for more information: **healthdirect.gov.au/coronavirus**
- ▶ **SESLHD COVID-19 Information for patients isolating at home** [www.seslhd.health.nsw.gov.au/covid-community-care](http://www.seslhd.health.nsw.gov.au/covid-community-care)
- ▶ **NSW Government website** has up-to-date information. Visit the website: [health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx](http://health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx)
- ▶ **Coronavirus Australia app** (Australian Government)
  -  Apple App Store — [apps.apple.com/au/app/coronavirus-australia/id1503846231](https://apps.apple.com/au/app/coronavirus-australia/id1503846231)
  -  Google Play Store — [play.google.com/store/apps/details?id=au.gov.health.covid19](https://play.google.com/store/apps/details?id=au.gov.health.covid19)
- ▶ **NSW Health Pathology** COVID-19 test results information [www.pathology.health.nsw.gov.au/covid-19-info/covid-19-results-direct](http://www.pathology.health.nsw.gov.au/covid-19-info/covid-19-results-direct)

## Mental Health Supports

- ▶ **NSW Health Mental Health Line** ph: **1800 011 511**
- ▶ **Beyond Blue** ph: **1300 224 636**
- ▶ **Lifeline** ph: **13 11 44**



**This information is for people over the age of 16 years only.**

If you have concerns about a child please call **Virtual Kids 1800 005 846**



## Calling 000

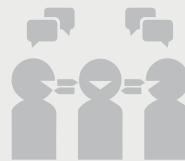
If you call 000, **you must say** that you are COVID-19 positive.

When the ambulance arrives, put a face mask on before you open the front door.



## Contacts

- **Afterhours support:**  
Health Direct 1800 022 222
- **In an emergency call 000**



**For free help in your language:**

call the Interpreter Service on **13 14 50**



**If you are feeling worse and do not have a GP please call the COVID-19 Community Care Team Between 8am & 8pm 7 days a week on 0438 603 693**