

# WHAT SHOULD YOU DO...

# COVID-19

**If you have returned from overseas in the past 14 days**

Self-quarantine for 14 days and monitor health

- Mainland China
- Iran
- Italy (from 11 March)
- Republic of Korea (from 5 March)
- ALL OTHER COUNTRIES (from 16 March)

Are you feeling sick with fever, cough, sore throat shortness of breath or fatigue?

No

Monitor your health for any changes and stay in quarantine for 14 days

Yes. Seek testing

Call your GP to book an assessment and testing, ensuring you provide your symptoms and travel history over the phone. Your GP may offer to see you while you are in your car, instead of inside the clinic.

If your GP is unable to assist you, visit a COVID-19 Clinic

Stay in self-isolation for 14 days

**If you have been in close contact with a confirmed case of COVID-19**

You are feeling sick with fever, cough, sore throat shortness of breath or fatigue OR you have been instructed by a healthcare professional to get tested for COVID-19

Self-isolate

Seek testing

Call your GP to book an assessment and testing, ensuring you provide your symptoms and travel history over the phone. Your GP may offer to see you while you are in your car, instead of inside the clinic.

If your GP is unable to assist you, visit a COVID-19 Clinic

Remain in self-isolation until negative test and for 14 days from date of last exposure with a confirmed case of COVID-19 (whichever is longer)

**If you are feeling unwell but have not travelled overseas and have not been in contact with a confirmed case of COVID-19**

Severe illness (e.g. difficulty breathing)

Call 000 (Triple Zero)

Fever, cough, sore throat shortness of breath or fatigue

Call your GP for advice as you may need an appointment

Stay home and where possible avoid contact with others until recovered. If your symptoms worsen, contact your GP or call 000 in an emergency (e.g. difficulty breathing)

**If you are worried but feel well**

Visit the Commonwealth or SA Health website to learn more about the facts of COVID-19 and what you can do to stay well

OR

Talk to friends, family or a professional if you need help

OR

Call the National Coronavirus Helpline (1800 020 080)

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**WHO TO CONTACT:**

For more information and to find your nearest clinic visit [sahealth.sa.gov.au/COVID2019](http://sahealth.sa.gov.au/COVID2019)  
National Coronavirus Helpline 1800 020 080  
See [smartraveller.gov.au](http://smartraveller.gov.au) for travel advice



Government of South Australia  
SA Health