

COVID-19 TESTING GUIDE

In a medical emergency, call triple zero (000) immediately.

If you are an essential traveller and have arrived from Victoria in the past 14 days

Visit [covid-19.sa.gov.au/emergency-declarations/cross-border-travel](https://www.sahealth.sa.gov.au/emergency-declarations/cross-border-travel) to understand your requirements

Information about self-quarantine, PPE and testing requirements is available in the 'Essential Traveller' table

If you develop symptoms at any time, seek testing and self-isolate immediately. Symptoms include:

fever or chills
OR
cough, sore throat, runny nose, shortness of breath, or loss of taste or smell

If you have arrived from a recognised high-risk area (excluding Victoria) as identified by other state and territory health departments

Do you have fever or chills
OR
cough, sore throat, runny nose, shortness of breath, or loss of taste or smell
OR
have you been instructed by a healthcare professional to get tested for COVID-19?

No → Monitor your health for any changes and stay in self-isolation for 14 days

Yes. Self-isolate and seek testing → Call your GP to book a test. Provide your symptoms and travel history over the phone. If your GP cannot test you, they may refer you to a testing clinic **OR** Visit a testing clinic to be assessed and tested → **Remain in self-isolation** until test result and for 14 days from last visiting a high-risk area (whichever is longer)

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

Do you have fever or chills
OR
cough, sore throat, runny nose, shortness of breath, or loss of taste or smell
OR
have you been instructed by a healthcare professional to get tested for COVID-19?

No → Monitor your health for any changes and stay in self-isolation for 14 days

Yes. Self-isolate and seek testing → Call your GP to book a test. Provide your symptoms and travel history over the phone. If your GP cannot test you, they may refer you to a testing clinic **OR** Visit a testing clinic to be assessed and tested → **Remain in self-isolation** until test result and for 14 days from date of last exposure with a confirmed case of COVID-19 (whichever is longer)

If you are unwell with COVID-19 symptoms

Do you have fever or chills (in the absence of an alternative illness that explains these symptoms)
OR
cough, sore throat, runny nose, shortness of breath, or loss of taste or smell?

Self-isolate and seek testing → Call your GP to book a test. Provide your symptoms and travel history over the phone. If your GP cannot test you, they may refer you to a testing clinic **OR** Visit a testing clinic to be assessed and tested → Avoid contact with others while you wait for your result → **Positive result:** Stay in self-isolation and follow medical advice
Negative result: Avoid contact with others until well again

If you are worried but feel well

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

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

Call the SA COVID-19 Information Line **1800 253 787**

Call the SA COVID-19 Mental Health Support Line **1800 632 753**

Health Practitioners should refer to the latest COVID-19 CDNA National Guidelines for a comprehensive list of case definitions and sahealth.sa.gov.au/healthalerts

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sahealth.sa.gov.au/COVID2019



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