COVID-19 TESTING GUIDE

If you are an essential traveller and have arrived from NSW, ACT or Victoria in the past 14 days:

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
  - cough, sore throat, runny nose, shortness of breath, or loss of taste or smell

If you are a non-essential traveller and have arrived from NSW or ACT in the past 14 days:

- You must have a mandatory COVID-19 test on Day 1 and Day 12 after entering SA
- You can use your referral forms to visit a drive-through testing clinic
- If you develop symptoms at any time, seek testing and self-isolate immediately. Symptoms include:
  - fever or chills
  - cough, sore throat, runny nose, shortness of breath, or loss of taste or smell
- Stay in self-quarantine for the full 14 days, even if you receive a negative test result

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?
  - No
    - 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
  - Yes
    - Call the SA COVID-19 Information Line 1800 253 787
    - Avoid contact with others while you wait for your 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


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