COVID-19 TESTING GUIDE

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

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

If you have arrived from a recognised high-risk area as identified by other state and territory health departments:
If you have fever or chills, 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?

Yes.
Self-isolate and seek testing.

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

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.

Remain in self-isolation until test result and 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, 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?

Yes.
Self-isolate and seek testing.

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

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.

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

Self-isolate and seek testing.

Call your GP to book a test. Provide your symptoms over the phone.
If your GP cannot test you, they may refer you to a testing clinic.

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 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 worried but feel well:
Visit sahealth.sa.gov.au/covid19mentalhealthsupport for a range of resources and services for mental health support and wellbeing.

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