

Where to get a test - <https://www.healthywa.wa.gov.au/COVIDclinics>

Covid-19 Symptom Checker, Isolation FAQs and other information – <https://www.healthdirect.gov.au/coronavirus>

WA Government Information - <https://www.wa.gov.au/> Including symptoms, how to manage at home, Covid-19 Locations and Hotspots

Managing Covid at home [Managing-mild-COVID-19-at-home-with-assistance-from-your-GP.pdf](https://www.racgp.org.au/Managing-mild-COVID-19-at-home-with-assistance-from-your-GP.pdf) ([racgp.org.au](https://www.racgp.org.au))

When to isolate (flowcharts) - <https://www.wa.gov.au/government/announcements/critical-worker-definitions-and-protocols-very-high-caseload-environment>

WA COVID-19 Hotline phone numbers - 13COVID (13 2684)

Interstate Callers: 1800 595 206

International Callers: +61 8 9118 3100

Australian Government Covid-19 Hotline for information about Covid-19 or vaccines – 1800 020 080

Clarkson Respiratory Clinic – 6119 3732

Australian Immunisation Register – 1800 653 809 - to apply for a copy of your Covid-19 vaccination certificate, please allow 2 weeks for certificate

## Managing my symptoms

<p>If I have mild symptoms, such as:</p> <ul style="list-style-type: none"><li>• aches and pains</li><li>• sore throat</li><li>• dry cough</li><li>• runny nose</li></ul> <p>I will manage these symptoms by:</p> <ul style="list-style-type: none"><li>• getting enough rest</li><li>• staying active (staying within my house and/or garden)</li><li>• eating well</li><li>• maintaining a good fluid intake</li><li>• taking any medicines discussed with my GP (or other health provider)</li></ul>	<p>If I have any moderate symptoms, such as:</p> <ul style="list-style-type: none"><li>• oxygen level of 93–94%*</li><li>• respiratory rate of 20–30 breaths per minute*</li><li>• temperature above 38 degrees*</li><li>• vomiting or diarrhoea</li><li>• mild breathlessness or a persistent cough</li><li>• struggling to get out of bed, and feeling unusually tired and weak</li><li>• My daily symptom diary looking like it is tracking worse, rather than stable or better</li></ul> <p><b>I will contact my general practice for review as soon as possible. If</b></p>	<p>If I have any <b>severe symptoms</b>, such as:</p> <ul style="list-style-type: none"><li>• oxygen level of 92% or less*</li><li>• respiratory rate of more than 30 breaths per minute*</li><li>• heart rate staying at or above 120 beats per minute*</li><li>• severe shortness of breath or difficulty breathing</li><li>• lips or face turning blue</li><li>• pain or pressure in my chest</li><li>• cold and clammy, or pale and mottled, skin</li></ul>
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<ul style="list-style-type: none"> <li>• taking paracetamol or ibuprofen for symptom relief.</li> </ul> <p><b>I will continue to monitor and document my symptoms in the My daily symptom diary.</b></p>	<p><b>they are unavailable, I will call the person/service listed in the 'My care team' section, or the National Coronavirus Helpline on 1800 020 080 or WA Covid-19 Hotline 13 2684</b></p>	<ul style="list-style-type: none"> <li>• confusion (eg I cannot recall the day, time or names)</li> <li>• fainting</li> <li>• finding it difficult to keep my eyes open</li> <li>• little or no urine output</li> <li>• coughing up blood</li> </ul> <p><b>I will call 000 immediately and let them know that I have COVID-19.</b></p>
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Source: RACGP My Covid-19 action plan and daily symptom diary