

Information on COVID-19 testing

What to do:

After your COVID-19 test

If you test positive to COVID-19

If you are a contact of someone who has tested positive

After your COVID-19 test

You must:

- go straight home – do not make any stops on the way
- stay at home until you receive your test result via a text message or phone call.
- for support during this time, you can call the Aboriginal COVID-19 info line on 1800 312 911.

If you test positive to COVID-19

Stay safe and supported

- For the safety of yourself, your family and Elders, you need to stay at home for 10 days, without contact with anyone else in your household – preferably in a room on your own.
- The people you live with also need to stay at home for:
 - 7 days if they're fully vaccinated
 - 14 days if they're not fully vaccinated.
- If you live by yourself, you can order food or supplies to be delivered to your house <https://www.coronavirus.vic.gov.au/isolation-and-quarantine-extra-help-and-support>
- If you have friends, family or your carer drop off supplies, ask them to leave the supplies at your door and let you know when they have. This is to reduce the risk of contact and of spreading COVID-19.
- Help, money, food and accommodation is available if needed for you and your family. Find out more about what support is available at <https://www.coronavirus.vic.gov.au/isolation-and-quarantine-extra-help-and-support>
- For more information, you can call the Aboriginal COVID-19 info line on 1800 312 911.

Let people know

- If you find out you were infectious with COVID-19 while you were catching up with other people, you need to let them know, so they know they also need to get tested. Your infectious period is two days before you noticed symptoms or two days before you got tested.
- Tell your employer or school/education provider that you tested positive.
- If your child has also tested positive, you must let their school/childcare centre/pre-school know as soon as possible.

Information about testing
positive to COVID-19 for
Aboriginal and Torres Strait
Islander community in Victoria



Community
Unity
Immunity

Information on COVID-19 testing

To keep you and everyone else safe, it's important that you don't leave your house for any reason unless:

- it is an emergency
- you need medical help, or
- you are escaping family violence.

If you are a contact of someone who is positive:

There are different types of contacts and different advice applies. Make sure you follow the right advice for your situation to keep safe and protect community.

A household contact

- You need to stay at home for:
 - 7 days if you're fully vaccinated
 - 14 days if you're not fully vaccinated (have not received two vaccine doses).
- You can only leave to get tested and you must return a negative result at the end of your stay-at-home period.

A social contact

- If you are in social contact with someone with COVID-19, get tested at a testing centre and stay at home until you get a negative result.

A workplace or education contact

- Your workplace or education facility will let you know. You will then need to get tested at a testing centre and:
 - stay home until you get a negative result
 - only return to work or school/education after you get a negative a test result.

You will also be offered rapid antigen tests for recommended use afterwards.

Other contacts

- The Department of Health may directly give you special advice (including to get a test or stay at home) if you have attended some high-risk public venues where positive cases have visited. It's important that you follow that advice.

More information

You can call the Aboriginal COVID-19 info line on 1800 312 911 or contact your local Aboriginal health service for support by visiting <https://www.coronavirus.vic.gov.au/coronavirus-information-aboriginal-and-torres-strait-islander-communities#find-your-local-aboriginal-community-controlled-organisation>

If you are sad, upset or worried, call Yarning SafeNStrong on 1800 959 563 or Lifeline on 13 11 14. Both are available 24 hours a day, every day.



For more information and resources for Aboriginal and Torres Strait Islander communities, visit:

[COVID-19 information for Aboriginal and Torres Strait Islander communities | Coronavirus Victoria](#)