



What to do if you suspect you have contracted COVID-19 over the holidays

If you contract COVID-19 this holiday season and your regular doctor isn't available, help is still available.

After hours services and advice hotlines

Southern Highlands GP After Hours Service

Face-to-face, clinic and telehealth services will be available through the holiday period.

Visit their website www.shgpahs.com.au for details or call 48 616 433.

NSW Health Flu and COVID-19 Care at Home Support Line

Advice for people managing COVID-19 at home.

Call 1800 960 933

My Emergency Doctor

Telehealth and video consultations are available 24/7 throughout the holiday period. Patients living in South Western Sydney may call this service to speak with an emergency doctor.

Call 1800 001 003

National COVID Helpline

Use the 24/7 helpline to get advice and support when managing COVID-19 at home.

Call 1800 020 080

TIS National

Use the Translating and Interpreting Service (TIS National) for 24/7 access to interpreters over the phone or to attend an appointment in person. TIS provide free interpreting services to anyone in Australia with a Medicare card.

Call 13 14 50

Considering COVID-19 antiviral medications

If you test positive for COVID-19, you may be eligible for antiviral treatments if you are:

- 70 years of age or older, regardless of risk factors and with or without symptoms
- 50 years of age or older with 2 additional risk factors
- First Nations person, 30 years of age or older and with 1 additional risk factor
- 18 years of age or older and moderately to severely immunocompromised.

If you can't contact your doctor, visit the healthdirect website Service Finder: healthdirect.gov.au/australian-health-services or call healthdirect on **1800 022 222** (free and available 24 hours a day, 7 days a week).

If you are eligible, ensure you give consent for your GP to prescribe oral medication in advance.

Managing COVID at home

If you have COVID-19, it is strongly recommended that you stay home and take steps to protect others.

Download this NSW Health factsheet to help you manage COVID-19 safely at home: nsw.gov.au/sites/default/files/2023-10/Testing_positive_to_COVID_19_16_OCT_23.pdf