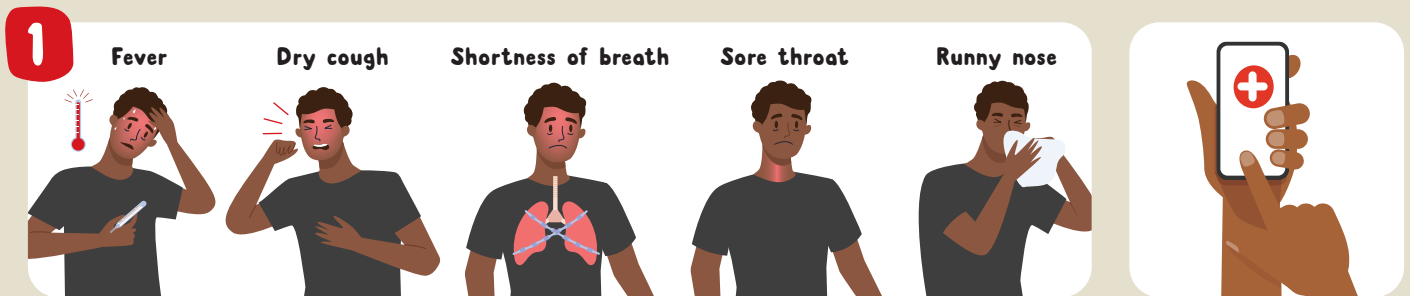


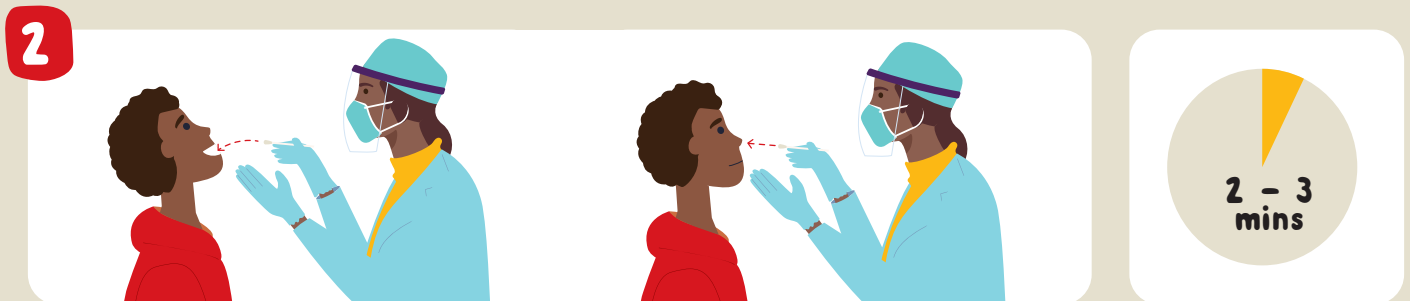
Do What's Best. Get a COVID-19 Test.

COVID-19

To keep our Community healthy and safe, anyone with flu-like symptoms should have a COVID-19 Test. It's the easiest way to keep our Community safe and stop the spread of the virus.



Do you have flu-like symptoms? Call your local doctor or Aboriginal Medical Service and ask where you can have a COVID-19 test.



A COVID-19 test is quick and simple. A healthcare professional will take a swab of your throat and nose.



Stay at home

and avoid contact with others while you wait for up to 2 or 3 days for your test result. This will prevent the possible spread of Covid-19. Download AH&MRC's [Self-isolation & Living with Others Checklist](#).

Managing Stress and Anxiety?

It is normal to feel anxious or stressed while waiting for test results. If you already struggle with anxiety try and adopt a problem solving approach. E.g. You made the right choice to get tested, the results will determine what you do next.

If you need support have a yarn with a friend, call your local AMS or Beyond Blue Support Services: **1300 22 4636**, beyondblue.org.au.

You will be notified of your test results as soon as they are available, and will be given advice on what to do next.

More questions? Call your local health service/Aboriginal Medical Service for support and advice during COVID-19.

Let's keep our community safe, strong and healthy.

Please visit health.nsw.gov.au for the latest information on COVID-19.

**COVID-19
SLOW THE
SPREAD**

