

# Getting Ready for a COVID-19 Test

COVID-19

If you have any flu-like symptoms, even if mild...

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## Find your nearest COVID-19 testing clinic.



Go to the **NSW Health website** or phone your local Aboriginal Medical Service or GP to find your closest COVID-19 testing clinic.

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## Call first. Find out what you need to do to arrange a test.

Ask these questions to prepare you and your family for a COVID-19 test:

- 1 Do I need an appointment?
- 2 Do I need to bring any form of ID with me?
- 3 You should wear a mask to your appointment. If you do not have a mask, ask if masks are available at the clinic.
- 4 Can my child get a COVID test here?

### COVID-19 testing services operate in different ways, depending on where they are.

Some testing services including drive-throughs, private collection centres, pop-up clinics or testing clinics at hospitals do not need you to book ahead. Other testing services will require you to make an appointment to get a COVID-19 test.

3

## Plan your trip.

- Wear a mask to the testing clinic if you have one. If possible, travel in your own car to the local testing centre. This will help prevent the spread of COVID-19 and keep your Community safe.
- If you don't think you can travel safely to your local testing centre, please phone your Aboriginal Medical Service or your local Public Health Unit on 1300 066 055 who will be able to arrange other options such as transport or testing you at your home.



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## Get tested.

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

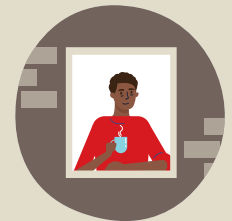


A COVID-19 test is free!

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## Stay home and wait for your test results.

- You must stay at home until you get your test results.
- You will need to keep a safe distance apart from family members as much as possible. If you can, stay in a single room and use a different bathroom from the rest of the family. Wear a mask when sharing common areas like the kitchen or lounge room. This will help prevent the possible spread of COVID-19 to them.
- If you do not feel that you can safely isolate from other family members at home, please talk to your local Aboriginal Medical Service or phone your local Public Health Unit for advice on 1300 066 055.
- You will be notified of your results after 1 – 2 days and you can choose to receive your results via a private text message. You will receive advice from your healthcare professional if your test result is positive.



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## Manage your mental health and well being.

- It is OK to feel stressed or anxious while waiting for your test results. Have a yarn with a friend, phone your local Aboriginal Medical Service or **Beyond Blue Support Services: 1300 22 4636** for support.
- If you need advice or have questions about COVID-19, call the **National Coronavirus Health Information Line** on **1800 020 080**.

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

Please visit [health.nsw.gov.au](https://health.nsw.gov.au) for the latest information on COVID-19.

COVID-19  
SLOW THE  
SPREAD

