



COVID Diagnosis and Management

@Little Gem

Current Advice as at 6/4/2022

Isolation

You must isolate for at least 7 days from your test date. Your household also must self isolate, unless they are an considered a Critical Worker <https://www.nsw.gov.au/covid-19/business/rules-guidance/exemption-guidance>
Fines of \$5000 apply to anyone breaching the Public Health Order to isolate. See below for more detailed information about isolating.

Medication for COVID-19

Some people qualify for COVID-19 medications. There are currently 3 medication options available. A doctor needs to assess your case to see which medication are eligible for, as there are strict criteria. Please tell us you are COVID-19 positive when you call, so we can arrange a fast turnaround

Some Basic Information

- PBS requires a confirmation of positive test – either a PCR result of Service NSW confirmation of a logged positive result
- Medications are only available if you have symptoms
- Medications must be given within 5 days of starting symptoms
- Medications are only available for people over 18yo
- Medication are not available for pregnant or breastfeeding women – contact us for further advice
- Your GP will check interactions with your medications

Some Reasons for Medication

Moderately or Severely Immunocompromised	Unvaccinated with two other risk factors	Aged Over 65yo with two high risk factors	Aboriginal/Torres Strait Islander and Over 50yo with two high risk factors
Immunodeficiency disorders Post transplant Haematological Cancer Chemotherapy Whole body radiotherapy Biological treatment agents DMARDS Congenital disorders Blood disorders Severe disability	Aged over 75yo In Residential Care Neurological conditions – eg. Stroke or Dementia COPD/Moderate to Severe Asthma/Bronchiectasis Congestive Heart Failure Obesity over BMI 30 Diabetes Renal Failure Cirrhosis		

Symptom Management for COVID-19

GET Prepared – We advise the following:

- Ensure you have enough of you regular medications
- Continue taking all of your regular medications, unless advised by your GP to stop
- Continue regular puffers
- Ensure you have enough salbutamol (Ventolin) and preventer puffers are home – you may need more of these
- Panadol and ibuprofen will help with aches and pains, as well as fevers and headaches.
- Throat lozenges and sprays may help sore throat, as well as salt water gargling
- If you usually suffer from sinus congestion, increase nasal rinsing and use your regular nasal sprays
- Loperamide (Gastrostop) may be used for diarrhoea
- Ensure you are drinking enough fluids – if you are suffering a fever, drink a little extra

Still Feeling Unwell?

Regardless of age, if you start to feel worse and have any concerns, call your usual doctor, or Little Gem Medical for a telehealth appointment if you are a regular patient. Further assessment can be arranged in person if needed. (02) 47422011.

- For after hours advice or review, check out our After Hours Support Guide <https://littlegemmedical.com.au/contact-us>
- If you have a health emergency such as feeling breathless or having chest pain please call Triple Zero (000) immediately.

Resources

Healthdirect

<https://www.healthdirect.gov.au/managing-covid-19-at-home-faqs>

NSW Health

<https://www.health.nsw.gov.au/Infectious/factsheets/Factsheets/covid-19-accessing-mental-health.pdf>

<https://www.nsw.gov.au/covid-19/management/advice-for-confirmed>

<https://www.nsw.gov.au/covid-19/management/people-exposed-to-covid>

<https://www.health.nsw.gov.au/Infectious/factsheets/Factsheets/recovery.pdf>

Royal Australian College of General Practitioners – Managing COVID at Home Advice

<https://www.racgp.org.au/FSDEDEV/media/documents/Clinical%20Resources/Guidelines/Managing-mild-COVID-19-at-home-with-assistance-from-your-GP.pdf>

Resources about Kids

<https://raisingchildren.net.au/guides/coronavirus-covid-19-guide/coronavirus-and-children-in-australia#managing-covid-19-symptoms-and-protecting-others-nav-title>

https://www.schn.health.nsw.gov.au/files/factsheets/covid-19_in_children-en.pdf

Important phone numbers

NSW Health COVID support line – 1800 960 933

Healthdirect – 1800 022 222

NSW Health isolation support (for practical support needs) – 1800 943 553

Household and Close Contacts

Close/Household contacts:

- Should be tested as soon as possible (PCR preferred)
- Close contacts should have a repeat test (RAT or PCR) on Day 6
- If all tests are negative, you may leave isolation
- If you test positive – you must follow the self isolating procedure (Isolating another 7 days minimum)

Logging your Positive Rapid Antigen Test

Most people do not need to have a PCR (Laboratory) test if they are a positive Rapid Antigen Test (RAT). This is to reduce pressure on pathology providers. It is now a requirement to log a positive Rapid Antigen Test.

<https://www.service.nsw.gov.au/transaction/register-positive-rapid-antigen-test-result>

More Information About Leaving Isolation

- You can return to your normal activities 7 days after you were tested if you do not have a sore throat, runny nose, cough or shortness of breath.
- If you still have these symptoms at the end of your isolation period please call the National Coronavirus Helpline on 1800 020 080 for further advice.
- Please do not enter high risk settings (healthcare, aged care, disability care or correctional facilities) unless for personal care for at least 3 days after you have been released from isolation.
- A person who has had COVID-19 is at most risk of passing the infection on to others during the first 7 days of their illness. However, you may still be infectious for a short time after this, so it is important that you continue to take measures to protect those around you for several more days.
- Please continue to practice social distancing, wear a mask in line with current recommendations and requirements, and regularly wash your hands.

Vaccination After COVID 19

If you have not already been vaccinated, you can now receive your COVID-19 vaccination. There is no need to delay vaccination once you have fully recovered. Boosters are available and recommended from after 4 months from your last dose (in people over 18yo). Vaccination can be booked online at Little Gem – <https://automedsystems.com.au/online/clinics/1409/little-gem-medical-silverdale-2752/doctors/>

Clinical Services

Little Gem Medical (02) 47422011

This is general information, last updated 6/4/2022