

What to do if you have tested positive for COVID-19

- Stay at home for 7 days
- If you test positive on a rapid antigen test (the test that you can do at home) you must tell the Department of Health online at www.coronavirus.vic.gov.au/report or via Coronavirus Hotline on 1800 675 389. Press 0 for an interpreter. You can also call the Karen Hotline 5406 1254/0437 418 284 or a Karen staff at Bendigo Health 0448585437 if you need help.
- People you live with or have spent more than 4 hours with must also stay at home for 7 days.

Who to tell

- Friends and family you have spent time with recently
- Your employer
- School or day care of your child

What to tell them

- I've tested positive for COVID-19
- We spent time together so you should get tested too

Know your symptoms and when you need to get help



For more information about food relief, financial support, mental health support or registering your positive RAT result call the Karen hotline.