

# COVID-19: New testing and isolation protocols in a high caseload environment



## I am a close contact and have no symptoms

With COVID-19 in the community, it is important for you to know what to do to keep yourself and others safe. This protocol will help you know what to do if you are a close contact but have no symptoms.

Isolate for  
7 days from  
date of  
contact.



Monitor for  
symptoms.

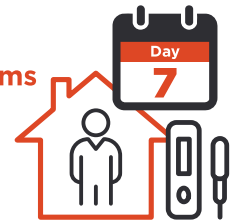


### Symptoms

Refer to 'I am not a  
close contact and I have  
symptoms' protocol.



**No symptoms**  
Take a RAT  
on day 7.



### Test positive

Refer to the 'I have  
tested positive to  
COVID-19' protocol.



### Test negative

You can leave your  
home after day  
7 of isolation,  
providing there  
are no new  
cases in your  
household.



### Symptoms include:



Fever



Runny nose



Fatigue



Sore/scratchy throat



Dry cough



Shortness of breath

If someone  
in your  
household  
tests positive,  
isolate for 7  
days (start this  
process again).

