

POSTER #2

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To download the translated assets in this kit, please visit:
<https://cloud.ethnolink.com.au/e9EkOL>



English | English

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

- Quarantine at home for 7 days
- If you test positive on a rapid antigen test you must tell the Department of Health online at www.coronavirus.vic.gov.au/report or via the Coronavirus Hotline on 1800 675 398. Press 0 for an interpreter.
- People you live with or have spent more than four hours with at home must also quarantine for 7 days

Who to tell

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

What to tell them

- I've recently tested positive for COVID-19
- We spent time together so you should get tested too
- Everything you need to know is available at coronavirus.vic.gov.au/checklist-cases

Support is available – know how to access it

Food relief

If you're quarantining and don't have family or friends who can help, there is support available for food and personal care items.

Search for food charities in your area through Ask Izzy at www.askizzy.org.au

Call the Coronavirus Hotline 24/7 on 1800 675 398. Press zero (0) if you need to speak to someone in your language. Food that caters to cultural and dietary needs is available.

Financial support

If you lose income because you have to isolate you could be eligible for financial assistance. To find out what support you can get go to www.coronavirus.vic.gov.au/support or call the Coronavirus Hotline on 1800 675 398.

Mental health support

If you are feeling overwhelmed, you can get help from a Mental Health and Wellbeing Hub. These are a free and confidential service available to everyone in Victoria.

Contact the Mental Health and Wellbeing Hubs by calling 1300 375 330. Need an interpreter? Call TIS National on 131 450. There is a welcome message in English, then say [POSTER LANGUAGE] and ask to be connected to 1300 375 330.

For more information in English, visit www.coronavirus.vic.gov.au

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