



# Preparing for a COVID-19 test

Things you need to know to help your testing journey run as smooth as possible.

- ✓ Always ring your local health clinic/GP and let them know you want to get tested.
- ✓ Be ready when they ask about your symptoms.
- ✓ Ask what will happen when I arrive at the clinic.
- ✓ Let them know if you need support on arrival with walking or wheelchair or if you need a carer/family member to come along.
- ✓ If you are waiting on a test result, the people you live with and other close contacts do not need to be in quarantine unless the local public health unit tells them to.

### STEPS IN THE TEST:

1. The doctor or nurse will take you to a testing room/area.
2. The doctor or nurse will ask about your symptoms and ask some questions about where and who you've been around.
3. Make sure you tell the doctor or nurse if you have any particular concerns around your family or where you work.
4. Ask your doctor or nurse if they will be testing for any other viruses.
5. The doctor or nurse will collect a nasal (inside your nose) or throat swabs, or they may ask another staff member to do this.
6. The doctor or nurse will give you some instructions about what to do next.

### AFTER THE TEST YOU:

- Might be told to isolate for a few days until you get the result back from your doctor.
- Should reduce contact with family members or going out in public spaces.
- Maintain physical distancing of 1.5m or 2 arms-length away.
- Keep up with good hygiene practices.
- Should follow up with your health clinic if you haven't received your test results within 48 hours or your symptoms are getting worse.

COVID-19 testing can be done at home with a Rapid Antigen Test or via a community testing clinic. To find out the latest testing information, visit the Queensland Health website at <https://bit.ly/33I9PLu>



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