

## High and Low Risk Exposure – information for patients

About you	Risk of COVID-19	What you need to do
<p>I live with someone who has COVID-19</p> <p>(I am a household contact)</p>	High	<p>You must follow the Self-isolation guideline and self-isolate for 7 days from the last time you were in contact with the COVID-positive person.</p> <p>Have a rapid antigen test (RAT) as soon as possible and again on Day 6. Have an additional RAT if you develop symptoms.</p> <p>If all tests are negative, you can leave isolation after 7 days.</p> <p>If you get a positive result, you should continue your isolation and follow the Testing positive to COVID-19 and managing COVID-19 safely at home advice.</p> <p>Do not visit high-risk settings (healthcare, aged care, disability care, correctional facilities) for the next 7 days after leaving isolation.</p> <p>For more information, see <a href="#">Get tested for COVID-19</a>.</p>
<p>I spent a long time with someone who has COVID-19 (e.g. I stayed overnight at their house or I spent the evening indoors at the house)</p> <p>or</p> <p>I interacted closely with someone who has COVID-19 and we were not wearing masks (e.g. we drove a long distance together, or I looked after children who are now positive.)</p>	High	<p>Self-isolation for 7 days from the last time you were in contact with the person with COVID-19 is the most effective way of protecting others.</p> <p>Have a rapid antigen test (RAT) as soon as possible and again on Day 6. Have an additional RAT if you develop symptoms. If all tests are negative, you can leave isolation after 7 days. If you get a positive result, you should continue your isolation and follow the Testing positive to COVID-19 and managing COVID-19 safely at home advice.</p> <p>If your child was exposed in an early childhood education centre (preschool or childcare), the centre will advise you what to do.</p> <p>For more information, see <a href="#">Get tested for COVID-19</a>.</p> <p>For a further 7 days after leaving isolation, you can help prevent spread of COVID-19 by following the recommendations under <a href="#">How can we all help slow the spread of COVID-19?</a></p>
<p>I spent some time with a person who has COVID-19 (e.g. we had dinner together or met at a pub, club or other social function.)</p>	Moderate	<p>If you do not have symptoms, it is recommended that you have a rapid antigen test as soon as possible.</p> <p>A second rapid antigen test on Day 6 after exposure can also help to identify early infection.</p> <p>If symptoms occur, have a rapid antigen test immediately.</p> <p>If you get a positive result, you should continue your isolation and follow the Testing positive to COVID-19 and managing COVID-19 safely at home advice.</p>
<p>I had brief or distanced contact with a person with COVID-19 (e.g. I dropped off shopping, or we went for a walk outdoors),</p> <p>or</p> <p><b>I received a case alert in the Service NSW App.</b></p>	Low	<p>Monitor for symptoms. If symptoms occur, have a rapid antigen test (RAT) immediately.</p> <p>If your RAT is negative, self-isolate and do another RAT in 24 hours, or get a PCR test and self-isolate while you wait for your result. If your second test is negative, stay in isolation until your symptoms have gone.</p> <p>If you get a positive result, you should continue your isolation and follow the Testing positive to COVID-19 and managing COVID-19 safely at home advice.</p>