

## Advice for people tested for novel coronavirus (COVID-19) infection

Last updated: July 2020

**If a doctor suspects you may have novel coronavirus (COVID-19) infection, follow the advice below until your doctor or the public health unit advises that you no longer need to be in isolation.**

### How is COVID-19 tested?

We test for COVID-19 and other respiratory viral illnesses by taking a swab inside your nose. This is called a “nasopharyngeal swab”. Your nurse will take a swab of the secretions (mucus) in the back of your nose and the nasopharynx, which is the space at the back of your throat that connects your nose to your mouth. The swabs will be sent to a lab and studied to see if the COVID-19 or other respiratory viruses are present.

### What can I expect during a nasopharyngeal swab?

- You may gag a little during the test
- You may also feel slightly uncomfortable, but you should not feel any pain.
- You may have a minor nosebleed afterwards.

### How do I prepare for a nasopharyngeal swab?

No preparation is needed.

### What happens during a nasopharyngeal swab?

- You will sit upright with your head tilted back
- Your nurse will wear a mask and gloves
- Your nurse will insert a sterile, cotton-tipped swab through both nostrils to the back of your nose and rotate it gently.



Source: <https://www.rapidmicrobiology.com/>

## What happens after nasopharyngeal swabs?

After your test, you may notice that your nose feels slightly irritated. You should be able to resume your normal activities straight away.

You will be tested for the Novel Coronaviruses and other respiratory viruses, such as influenza if requested by your Doctor.

## Monitor symptoms

Whilst you wait for your results, if your illness gets worse, you should call the doctor who cares for you or the emergency department. If it is a medical emergency (e.g. shortness of breath at rest or difficulty breathing) you should call 000. Tell the ambulance staff you are suspected to have COVID-19.

## Stay at home

You should cease your activities outside your home, except for seeking medical care. You should not go to work, school/ university, the gym, or public areas, and should not use public transportation, taxis, or ride-shares, until cleared by your doctor.

## Separate yourself from other people in the home

If you are sharing the home with others, as much as possible, you should:

- Remain separated from others
- Wear a surgical mask when you are in the same room as another person
- Use a separate bathroom, if available
- Avoid shared or communal areas and wear a surgical mask when moving through these areas.

Make sure that you do not share a room with people who are at risk of severe disease, such as elderly people and those who have heart, lung or kidney conditions, and diabetes.

People who do not have an essential need to be in the home should not visit while you are in isolation.

## Cover coughs and sneezes

You should cover your mouth and nose with a tissue when you cough or sneeze, alternatively cough or sneeze into your sleeve/elbow. Used tissues should be placed in a bin, and hands immediately washed with soap and water for at least 20 seconds.

## Wash your hands

You should wash your hands often and thoroughly with soap and water for at least 20 seconds. You can use an alcohol-based hand sanitiser if your hands are not visibly dirty.

Ensure you wash your hands or use a hand sanitiser:

- before entering an area where there are other people
- before touching things used by other people
- after using the bathroom
- after coughing or sneezing

## Avoid sharing household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water or use a dishwasher/washing machine.

## Getting your test results

It can take up to 72 hours for your test results to come through, although most are reported within 24 hours. Please ensure that the information you provided to our clinic staff is accurate.

*For positive test results*, you will receive a phone call to inform you and ensure you are aware of the necessary requirements moving forward.

*For negative test results*, those with an Australian mobile phone number, will receive a text message informing you of your negative results. If your GP has ordered the test, they will also be able to access your results.

**Not heard from us?** If you have not received your results after 72 hours:

- **Contact your GP directly if they ordered the test**
- **Call SydPath on (02) 8382 9100 during business hours to request your results.**

## Isolation requirements for people who have tested negative

People who:

- are a close contact of a person with confirmed COVID-19 while they were infectious; OR
- have been overseas

**Must** still remain in isolation for 14 days after contact with the person or entering the country or from COVID Hot Spots even if the COVID-19 test is negative. If during the 14 days you develop additional symptoms or your current symptoms get worse please call your doctor immediately.

Please follow isolation requirements as per Australian Government advice.

**If you are unsure, contact the National Coronavirus Health Information line: 1300 066 055.**

## Still have questions or need support while in isolation?

Call the National Coronavirus Health Information line 1800 020 080, or visit

<https://www.health.nsw.gov.au/Infectious/factsheets/Pages/advice-for-suspected.aspx>

## For more information

Visit the [NSW Health Website](#)

# Factsheet

[www.lejeunemedical.com.au](http://www.lejeunemedical.com.au)

Please see our VIDEO – Explaining Carlingford COVID drive-through:

<https://www.facebook.com/1512229872433745/posts/2717346188588768/?vh=e&d=n>



Click **BOOK NOW** link - This will take you to a **Registration Form to be completed,**

<https://www.hotdoc.com.au/forms/lejeune-family-medical-practice-new-patient-registration-form>

Join car line and prepare to wait (sometimes 2-3hrs wait, bring water, food, no toilet facilities)

**Please ask you GP to fax your referral to: 02 8197 9628 or email: [admin@lejeunemedical.com.au](mailto:admin@lejeunemedical.com.au)**

Bring copy of pathology request form with you, we do not accept paper request forms via car window

Car line is usually closed by 3pm to ensure staff can close before dark

Please drive slowly within Murray Farm Reserve & be guided by Lejeune triage nurse in PPE at the gate.

Overseas Visitors / Non-Medicare Patients – test is FREE, please instruct patient there is no issues, ensure additional mobile number is provided

If the car line goes down Murray Farm Road, please do not block driveways and be courteous with our neighbours.

Please keep Reserve Gate CLEAR so that cars can exit safely.

We appreciate patience, rudeness is not tolerated, patients will be turned away if aggressive, everyone is doing their absolute best to provide a safe environment for all.

This is a FREE clinic run by staff of Lejeune Family Medical Practice. Drs, RNs, Pathology Collectors & Admin.

**Pathology goes to St Vincent's Hospital Laboratory Results Hotline: 02 8382 9100 – Wait for 24-72 hrs.**

**9:00 am to 4:00 pm Monday to Friday, Closed Weekends**

Qualified RN's for Paediatric Collection – we have a special paediatric soft swab which tickles the nasopharyngeal site for children (available 9-4 Mon-Fri) see video explanation.

Your results are managed by your referring GP, SMS sent to patients who are Negative COVID-19

Positive COVID-19 result – please call your patient and Laboratory will also notify Public Health for immediate follow-up and contact tracing

English, Cantonese & Mandarin (available 9-4 Mon-Fri)

**If your condition is deteriorating and you feel increasingly unwell call 000 for an Ambulance**

**OR go directly to your local Public Hospital and tell them that you're suspected COVID-19**

## Practice location:

Lejeune Family Medical Practice

50 Murray Farm Road, CARLINGFORD

Tel: 02 8197 8627

Fax: 02 8197 9628

Email: [admin@lejeunemedical.com.au](mailto:admin@lejeunemedical.com.au)

Web: <http://www.lejeunemedical.com.au>

COVID-19 drive-through testing station location:

Murray Farm Reserve

71 Murray Farm Road

CARLINGFORD N.S.W. 2118

**Results will be SMS to your mobile in 24-72 hours, if you have not heard from the laboratory please call (02) 8382 9100 during business hours.**