



What do I do if I test positive for COVID-19?

Follow the advice on the <https://www.coronavirus.vic.gov.au/checklist-cases> webpage.

Step 1	Focus on your health and get help if you need it
Step 2	Report your result and immediately isolate for 7 days <ul style="list-style-type: none"> If you tested positive using a rapid antigen test, you must report your result online, or call 1800 675 398.
Step 3	Tell your household and household-like contacts - they must isolate for 7 days <ul style="list-style-type: none"> They must get tested on Day 1 of their isolation period or as soon as possible with a PCR test or rapid antigen test, or a PCR test if they can't access a rapid antigen test. They must get tested again on Day 6 of their isolation period with a rapid antigen test, or a PCR test if they can't access a rapid antigen test. They can leave isolation on Day 7 if they received a negative result from the Day 6 test. If they get symptoms at any time during isolation, they must use a rapid antigen test, or get a PCR test if they can't access a rapid antigen test.
Step 4	Tell your social contacts - they must get tested if they have symptoms <ul style="list-style-type: none"> You must tell your social contacts you have tested positive for COVID-19 (social contacts are not people from your home, workplace or school) If they develop symptoms, they must use a rapid antigen test, or get a PCR test if they can't access a rapid antigen test. If they do not have symptoms, they are strongly recommended to use a daily rapid antigen test for 5 days.
Step 5	Tell your workplace and/or education facility <ul style="list-style-type: none"> If you worked onsite (school or CEB office) while infectious (48 hours prior to the onset of symptoms or date of the positive test if asymptomatic), you must tell your employer/school/workplace you have tested positive to COVID-19. Schools must keep a secure local register or confirmed COVID cases (students and staff) and notify staff and school communities of an education-based exposure Your employer/workplace will notify education-based contacts (staff and families) that they must: <ul style="list-style-type: none"> use a rapid antigen test if they have symptoms, or get a PCR test if they can't access a rapid antigen test strongly recommend using a daily rapid antigen test for 5 days if they don't have symptoms.

What do I do if I have been exposed to COVID-19?

Follow the advice on the <https://www.coronavirus.vic.gov.au/checklist-contacts> webpage.

Household or household-like contacts

- You have spent more than four hours with someone who has COVID-19 inside a house, accommodation (including a boarding school) or care facility you must quarantine for 7 days.
- The simplest way to think about the day you can leave quarantine is that it's the same day the following week (e.g., Monday to Monday).
- You must get tested on Day 1 of quarantine (or as soon as possible) and get tested again on Day 6 of quarantine - with a rapid antigen test, or a PCR test if you can't access a rapid antigen test.
- If you test positive on a rapid antigen test, you must report your result. Visit [Reporting your result](#) page for more information.

It is important to remember:

- If you get symptoms at any time during quarantine, you must get a rapid antigen test, or a PCR test if you can't access a rapid antigen test
- If you test positive on a rapid antigen test, you must report your result. Visit [Reporting your result](#) page for more information.
- Refer to advice for confirmed COVID case on the previous page.

If another person in your household tests positive:

- If another person in your household tests positive during your 7-day quarantine period as a household contact (in addition to the initial case) your 7-day period doesn't start again.
 - You can complete the rest of that 7-day quarantine period, and you are cleared from quarantine if you have a negative result from a test taken on Day 6.
- However, if you test positive on Day 6 (or on any day of your 7-day quarantine period) your quarantine period will start again because you are now infectious with the virus. You must isolate for another 7 days following your positive result.

All other contacts

- Someone who has COVID-19 has informed you that you are their social contact, or a workplace or education facility has informed you that you are a workplace or education contact.
 - Staff and students at schools – whether or not they are contacts – are strongly recommended to use rapid antigen tests twice a week during school weeks (five times a week in specialist schools) as part of the [back-to-school](#) plan.
- If you have symptoms, you must use a rapid antigen test, or get a PCR test if you can't access a rapid antigen test.
- If you don't have symptoms and cannot access a rapid antigen test then monitor for symptoms and get tested if symptoms emerge.
- If you test positive on a rapid antigen test, you must report your result. Visit [Reporting your result](#) page for more information.

Exemptions

Certain categories of workers who are close contacts (meaning household or household-like contacts) may be exempt from quarantine requirements in order to attend work - so long as conditions are met, and their attendance is necessary for continuity of operations. This does not extend to confirmed cases.

Education workers are exempt for this purpose, this includes:

- any person who is employed by an education operator to work in an education facility (including teachers, early childhood educators, and educational support staff)
- a person contracted to work at an education facility and who will or may be in close proximity to children, students, or staff, whether or not engaged by the education operator including casual relief teachers, NDIS providers, and auditors (but does not include delivery personnel)
- cleaners working at education facilities.

Employers who are exempting workers must:

- determine the worker's attendance at work is necessary for the operations of the critical service (and, for example, the worker cannot perform their role from home);
- respect the individual rights of workers and not direct their workers to attend work if they don't consent
- ensure that the worker's work breaks are taken in an area separate from other workers (and arrange staggered break times if there is only one break room)
- take reasonable steps to ensure the worker does not share facilities or amenities with other staff, if practicable

Exempted workers must:

- notify their employer that they are a close contact and are eligible for exemption from quarantine to attend work only, and be requested by their employer to return
- undertake a daily rapid antigen test for 5 days and return a negative result prior to commencing work. The worker can request a rapid antigen test kit from their local public health testing site if needed.
- wear face masks at all times while at work and while travelling to and from work
 - use of N95/P2 masks are preferred generally
 - exceptions include eating/drinking, escaping harm or emergency reasons
- must not enter shared break areas with other workers
- must not share facilities or amenities with other staff if possible, and follow all employer directions if they must use shared facilities

Note: while the exemption only allows a worker to attend work, they can also use the bathroom, pay for fuel or buy takeaway food while travelling to work or if required for work. A mask is required at all times unless exceptions apply.

For more information about the exemption from quarantine refer to the [Guideline](#).