



# COVID-19 Test and Isolate National Protocols

## PROTOCOL 1

### COVID-19 confirmed by a positive RAT or PCR test

- 1 Isolate at home for at least 7 days from the day you had your test.  
If you have symptoms at **Day 6**, you must stay at home until symptoms are gone.
- 2 Notify your household, school or employer that you have tested positive.
- 3 If you have **no symptoms** at **Day 7**, you can return to normal living and leave your home. You do not need a further test.

*Wear a mask when leaving the home and avoid visiting high-risk settings for at least 7 days following negative test or end of symptoms.*

**Always seek medical help if you become very unwell.**

## PROTOCOL 2

### Close Contact and have symptoms

- 1 Stay home for 7 days since you last had contact with the person who has COVID-19.
- 2 Take a RAT self-test or PCR test and stay at home while waiting for the test result.  
If you test **positive** for COVID-19 follow **Protocol 1**. If you test **negative**, continue to stay at home.
- 3 On **Day 6** of isolation, take a RAT self-test.  
If you test **positive** for COVID-19 follow **Protocol 1**.  
If your Day 6 test is **negative**, you can leave home and return to normal living after completing the 7 days of home isolation.

*Wear a mask when leaving the home and avoid visiting high-risk settings for at least 14 days following exposure to the person with COVID-19.*

**Always seek medical help if you become very unwell.**

## PROTOCOL 3

### Close Contact with no symptoms

- 1 Monitor for symptoms and take a RAT self-test or PCR test if they develop.  
If **positive**, follow **Protocol 1**.  
If **negative**, continue to stay at home for 7 days, monitor for symptoms and follow **Protocol 2** if they develop.
- 2 On **Day 6** of isolation, take another RAT self-test.  
If your Day 6 self-test is **positive**, follow **Protocol 1** – you do **NOT** need a PCR test for confirmation.  
If your Day 6 self-test is **negative and you have no symptoms**, you can leave home and return to normal living after completing the 7 days of home isolation.

*Wear a mask when leaving the home and avoid visiting high-risk settings for at least 14 days following exposure to the person with COVID-19.*

## PROTOCOL 4

### Other contacts

If you have had less contact with someone with COVID-19, such as contact in a social, shopping, education or workplace setting.

- 1 You should monitor for symptoms and have a RAT self-test if these occur.  
If **positive**, follow **Protocol 1** and stay at home until you no longer have symptoms.

*Wear a mask when leaving the home and avoid visiting high-risk settings for at least 14 days following exposure to the person with COVID-19.*

*\*WA, SA, NT & TAS residents should check their state or territory requirements and timelines*

*You are a **Close Contact** if you are living with someone who has COVID-19, or have spent 4 hours or longer with someone in a home or health or aged care environment since they developed COVID-19.*