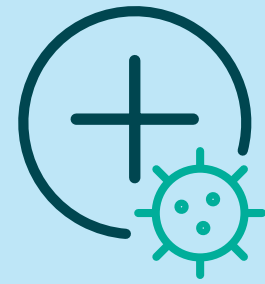


# What to do if you are a positive case



There will be an **increase** in COVID-19 cases in our community.



The high level of vaccination in Tasmania means most people who get COVID-19 will experience mild to moderate symptoms and be able to **recover at home**.



Once you receive your **positive result** from Public Health, you can continue your recovery at home, often without requiring further contact from Public Health.



Most patients whose symptoms have resolved or had no symptoms can **leave isolation 7 days after testing positive**.



**Extra support** with meeting isolation requirements is possible should you need it. **If you are quite unwell**, you may be treated in hospital.



During your recovery, if you experience **severe symptoms** such as difficulty breathing, **call 000**. Tell the operator you are COVID-positive.