

# COVID-19: When to get medical help



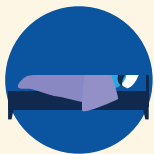
Most people who get COVID-19, will be able to care for themselves at home, like they would for many other viruses. You should seek medical advice if you are not improving after 2 or 3 days, have a chronic health condition or are pregnant.

Call a doctor (GP) or health care worker if your symptoms aren't getting better or if they are worse.

Call Triple Zero (000) or go to hospital if you have:



## If you have COVID-19 it's important to:



Get lots of rest



Drink plenty of fluids (water is best)



Take paracetamol or ibuprofen for pain relief



Keep in contact with friends and family (not face to face) who can check in on how you're doing



Monitor your symptoms by recording them daily. You can use our Symptoms Diary



Complete the online QLD Health COVID Care Self-Checker

- difficulty breathing even when moving around your home
- suddenly find it hard to breathe or your breathing has gotten worse
- coughing up blood
- significant chest pain
- collapsing or fainting
- feeling cold and sweaty, with pale or blotchy skin
- have a rash that looks like small bruises or bleeding under the skin and doesn't fade when you roll a glass over it
- feeling agitated, confused or very drowsy
- stop peeing or pee much less than usual.

Tell Triple Zero (000) if you or the person in your care has COVID-19 or that you think you might have it.



**COVID Care Self-Checker**

Scan the code to complete online

## Further information

[www.qld.gov.au/health/covidcare](http://www.qld.gov.au/health/covidcare)

National Coronavirus Helpline (interpreters available) - 1800 020 080

134 COVID (13 42 68) for testing and other COVID-19 advice

13 HEALTH (13 43 25 84) for confidential health advice from a registered nurse



**Queensland  
Government**