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Covid 19 Patient Information.

There are still quite frequent cases of Covid infection in our community, and it's important to understand how to reduce your chance of catching Covid 19 and also what to do if you should test positive to Covid 19. If you have any questions, please speak to your GP or our Practice nurses who can help you. Remember that prevention is the best option, so continue to practice good hygiene and social distancing. Consider wearing a mask if you can't social distance.

Covid 19 VACCINATION

Australian guidelines recommend that everyone 5 years or older is vaccinated against Covid 19. Boosters are available for all people older than 18 years, as long as it's been 6 months since your most recent covid vaccine or covid infection. People at higher risk are particularly recommended to have a booster (people over 65years, or with long term illnesses or with disability). Thrive GP has vaccines suitable for all age groups. It is no longer necessary to come to a vaccine clinic, if this is inconvenient, we can arrange other times. Covid vaccines can be given at the same time as a flu vaccine, but not other vaccines. Please either book a vaccination or make an appointment to speak to your GP for further advice regarding vaccination 4880 3809.

Testing for Covid 19 infection

When to test:

- * If you have symptoms such as runny nose, flu like symptoms, cough, fever, diarrhoea and vomiting
- * If you are a close contact or family member of someone who has tested positive to covid
- * You might consider testing if you are spending time with someone at high risk
- * You may be asked to test prior to visiting facilities that care for high-risk people, such as a Nursing Home or Disability Facility

RAT test: this is a covid test that you can do yourself. These can be bought from supermarkets, convenience stores, chemists, etc or available free from Service NSW centres

PCR test: These tests are performed in a Laboratory and were the original tests we used. These are only available with a Doctors referral. Your GP can arrange for a PCR test in certain circumstances, usually if you are at high risk and have been exposed to Covid (which would then mean you could obtain antiviral medication). If you feel you might need a PCR, please contact Thrive for further advice.

WHAT YOU SHOULD DO IF YOU TEST POSITIVE TO COVID 19:

- Stay at home until your acute symptoms have gone
- Register your positive test with Service NSW, either on their website or if unable to register online, phone 13 77 88
- Wear a mask when indoors with other people
- Avoid large gatherings or crowds
- Avoid at risk people and Nursing Homes, Hospitals, Disability facilities, Medical Practices, etc
- Tell people in your household and those you have had close contact with that you have tested positive.
- Talk with your Employer about when you can return to work

CARING FOR YOURSELF WITH COVID 19 INFECTION:

- Rest, plenty of fluids, paracetamol and/or cold and flu tablets
- The rules regarding who can have the oral antiviral medication are changing all the time, so contact your GP for a telehealth consultation 48803809, as you may be eligible
- Call your GP (4880 3809) or Health Direct 1800 022 222 if afterhours (11pm weekdays or after 1pm Saturdays), if you are not able to eat or drink enough, are feeling lightheaded, or if your cough or other symptoms are getting worse.
- Thrive GP can arrange both Telehealth and face to face (in person) consultations if you have Covid 19 and are concerned.
- Call an Ambulance 000 if you have difficulty breathing, chest pain, feel very lightheaded or faint or any other severe symptoms