



COVID-19 Update:

The Omicron strain of COVID-19 is more infectious than previous strains. Our single best defense against severe illness and death is vaccination. Boosters significantly increase our protection. Omicron may not be a mild disease for those who are unvaccinated so get your vaccination and boosters as soon as possible, if you have not already done so! Booster intervals are now shortened to 3 months after receiving your second dose of the COVID-19 vaccine. The COVID-19 vaccination is now also available for children 5- 11 years of age. The vaccine interval is 8 weeks between the first and the second dose. They are very safe and prevent children from getting very sick. You can discuss any concerns about vaccination with our friendly GPs at Magill Family Practice.

Tested positive for COVID-19?

You must immediately:

- Self-isolate in your home or accommodation for 10 days.
- Inform your close contacts so that they also get tested and isolate. Close contacts include household members and other people you have met socially for 15 minutes or more in an indoor place without a mask, from 2 days before you got sick. They need to isolate for 7 days. Close contacts with COVID- 19 symptoms, must do a PCR

test for the initial and Day 6 test. Close contacts with no COVID- 19 symptoms can either do PCR test for the initial and Day 6 test or RAT tests on Days 1, 3, 5 and 7 of quarantine. Free RAT tests can be accessed at RAT Collection Points after registering online on the SA Health website.

Who is a close contact?

- A household member or intimate partner
- Someone who has had close personal interaction with a COVID-19 case:
 - for 15 minutes or more **and**
 - where masks are not worn **and**
 - in close physical proximity **and**
 - in an indoor setting
- Someone who has been notified by SA Health
- Someone who has been to an exposure site.

sahealth.sa.gov.au/COVID-19



- If you have tested positive on a RAT test, register your positive test online on the SA Health website or by calling the SA COVID- 19 information Line on 1800 253 787.

With a positive result registered, the COVID-19 Response Care team will send you an initial SMS to better understand your health care needs.


Based on your response and the Daily Symptoms Checker SMS, people who are

assessed as being at a higher risk will be offered a home care kit for monitoring the progress of their conditions and, if necessary, coordinated further medical support and treatment such as hospitalization or IV antibody infusion treatment at the COVID Care Centre. If you are not able to respond by SMS, please call COVID-19 Response Care team on 1800 272 872.

Symptomatic COVID-19 positive patients may be eligible for Monoclonal antibody infusion (Sotrovimab) if they are identified to have risk factors for severe COVID-19 disease within 7 days of onset of illness. These include people who are immunosuppressed and people who are unvaccinated or partially vaccinated AND have risk factor/s for developing severe illness. This may be discussed with you by the GP Assessment Team as part of the COVID-19 Response Care Team or you can discuss it with your GP at Magill Family Practice who can assess your eligibility and make referrals to the COVID Care Centre.

Most people who test positive for COVID-19 will likely to be asymptomatic or only experience mild symptoms and recover without requiring special treatment or hospitalization, especially if they are fully vaccinated. The majority will be able to self-manage their illness. Common symptoms include fever (high temperature), cough, shortness of breath, loss of taste and smell, fatigue, headaches, muscle aches, running nose, abdominal pain, difficulty with memory or confusion, loss of appetite and diarrhoea. Rest and drinking plenty of fluids, as you would with a regular cold or flu, can help. Paracetamol and ibuprofen can help with pain and fever. Oral rehydration solution can be used if you have bad nausea, vomiting or diarrhoea.

If you start to feel very unwell, such as severe headaches or dizziness, fainting episodes, difficulty breathing, chest pain or any other medical emergency, you should immediately call triple zero (000) and tell the ambulance

Testing, Isolating and Quarantine requirements 5 January 2022 

COVID-19 POSITIVE	CLOSE CONTACT	
<p>ISOLATION:</p> <ul style="list-style-type: none"> • 10 days isolation from the date of first positive COVID-19 test. • The day the test is taken is day 0. • If symptoms persist at day 10 contact the COVID Response Care Team. <p>TESTING:</p> <ul style="list-style-type: none"> • No testing requirements to leave isolation. <p>NOTES:</p> <ul style="list-style-type: none"> • Don't wait for a text message, notify your household, school or employer and anyone you have had close personal contact with in the 2 days prior to symptoms or testing positive. • Close personal contact includes: <ul style="list-style-type: none"> - close proximity, and - indoors, and - no mask, and - for more than 15 mins • You will receive a phone call or text message from SA Health with a survey to complete. 	<p>Household contacts who <u>can</u> separate from the person with COVID.</p> <p>QUARANTINE:</p> <ul style="list-style-type: none"> • 7 days from last day of contact with positive case. • You must receive a negative COVID-19 test on day 6 to leave quarantine. <p>TESTING:</p> <ul style="list-style-type: none"> • Get tested as soon as possible; and on day 6 after exposure. • Get tested as soon as possible if symptoms develop. <p>NOTES:</p> <p>After leaving quarantine, between day 8-14:</p> <ul style="list-style-type: none"> • Do not attend high risk settings or COVID Management Plan events. • Wear a surgical mask when around others. • Avoid contact with vulnerable people. • Avoid non-essential activities where possible and avoid shared spaces. • Maintain physical distancing. 	<p>Household contacts who <u>cannot</u> separate from the person with COVID.</p> <p>QUARANTINE:</p> <ul style="list-style-type: none"> • 14 days from the date the person with COVID-19 had their test. <p>TESTING:</p> <ul style="list-style-type: none"> • Get tested immediately if symptoms develop. <p>NOTES:</p> <p>After leaving quarantine, between day 8-14:</p> <ul style="list-style-type: none"> • Do not attend high risk settings or COVID Management Plan events. • Wear a surgical mask when around others. • Avoid contact with vulnerable people. • Avoid non-essential activities where possible and avoid shared spaces. • Maintain physical distancing.
<p>OTHER REQUIREMENTS</p> <ul style="list-style-type: none"> • Monitor for symptoms. If symptoms develop you should get tested as soon as possible and quarantine until you get the result. • Visit the SA Health website for exposure sites. • If you are made aware of a location you have been has had someone with COVID-19, such as a hospitality venue, place of worship or a recreation facility, monitor for symptoms. • Wear a mask in indoor settings • Practice good hand hygiene • Keep 1.5m from others where possible. 		

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staff that you have been diagnosed of COVID-19.

You can leave isolation 10 days after your positive test was taken and you no longer have any COVID-19 symptoms. There is no requirement for a further COVID test after having a positive result.

Post COVID-19 infection vaccination: Due to the increased risk of re-infection with the Omicron variant, ATAGI recommends people who have had COVID-19 to be vaccinated once they recover from the acute illness. Prior infection is not a contraindication to vaccination and vaccination does not need to be delayed!

Logistic support: It's a good idea to ask your family or friends who do not live with you to help by delivering groceries and medicines as needed, or you can order food online or by telephone. If you have no other way of getting food or other essentials, call the COVID-19 Response Care team on 1800 272 872.

Magill Family Practice is committed to providing any ongoing routine, regular and preventative health care you need during the COVID-19 pandemic. We can provide telehealth support to patients with COVID-19 enquires, make referrals to the COVID-19 Response Care Team including IV infusion referrals, and assist with ongoing post-COVID-19 infection symptoms and concerns.

Useful phone numbers and website links for further information are listed below:

- Health Direct 1800 022 222 or [What to do if you have COVID-19](#)
- COVID-19 Response Care Team 1800 272 872
- COVID-19 Information Line 1800 253 787 (8am to 8pm, 7 days)

- COVID-19 Mental Health Support Line 1800 632 753 (8am to 8pm, 7 days)
- Managing COVID-19 at home: [Community \(home\) based COVID-19 care](#)
[Home-care guidelines for patients with COVID-19](#)
- Children with COVID-19 [COVID Kids](#)
- Pregnant woman with COVID-19 [Pregnant women and COVID-19 care](#)

Here at Magill Family Practice:

A big thank you to all our patients for keeping everyone safe during the COVID-19 pandemic. This is especially important in our waiting room. The doctors will continue to see patients inside the clinic, including unvaccinated and partially vaccinated patients, but we have updated our policies and practices to reduce the risks of spreading COVID-19 in the clinic:

- Do not enter the clinic if you have any of the following symptoms: cold, flu, sore throat, running nose, loss of taste or smell, fever, sore ears or sinus pain or diarrhoea.
- **Surgical masks** are now preferred in clinic over cloth masks as they will provide more personal protection. Please make sure you cover both your nose and mouth.
- Keep 1.5 meters from everyone. Use hand sanitiser regularly. Keep the number of support persons attending with you to a minimum. Surfaces will be cleaned regularly throughout the day.

- To protect unvaccinated and partially vaccinated patients and our vulnerable patients including **babies, children <5 years of age** (as they are unable to be vaccinated at this time), **unvaccinated and partially vaccinated individuals** are asked to wait in their car and not come into the waiting room. This will reduce the risk of contracting COVID -19 from a COVID positive case with no symptoms in the waiting room.
- We also encourage anyone who is immunocompromised or at increased risk of poor outcomes from COVID- 19 infection to wait in the car.
- Clinpath patients: In order to protect vulnerable patients including **unvaccinated and partially vaccinated individuals** needing blood tests, we recommend you go to a stand-alone collection centre as per our waiting room policy. The closest sites are at Trinity Gardens (206/208 Portrush Road, Trinity Gardens) and Hazelwood Park (536 Glynburn Road, Burnside)
- Our Respiratory Pod is still operating for non-COVID-19 Respiratory patients. A reminder that ALL patients requesting a pod appointment must have a negative COVID swab within the previous **72 hours** and all patients **must show evidence of their negative swab**, before they will be seen by the doctors
- Exciting news. We are soon upgrading our computer systems to allow capacity to do full Video Telehealth consultations with your

smart devices. This will improve our quality of telehealth consultations whilst keeping everyone safe during the COVID-19 pandemic.

Magill Family Practice would like to reassure you that we will continue to deliver high standards of care to protect you, your family, our patients and our community. We understand the stress on everyone during this pandemic and ask that you please treat our staff with patience and respect as we all navigate the COVID challenges.

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