

CORONAVIRUS (COVID-19)
MULTICULTURAL CAMPAIGN

STAKEHOLDER PACK

WHAT TO DO IF YOU HAVE TESTED
POSITIVE FOR COVID-19

KEY MESSAGES AND CAMPAIGN ASSETS

FEBRUARY 2022



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INTRODUCTION

The Victorian Government has developed resources in multiple languages with information about how you can stay COVIDSafe and get support if you need it.

The translated assets included in this kit are part of the effort to ensure that all Victorians are informed on how to effectively respond to the current coronavirus (COVID-19) outbreak.

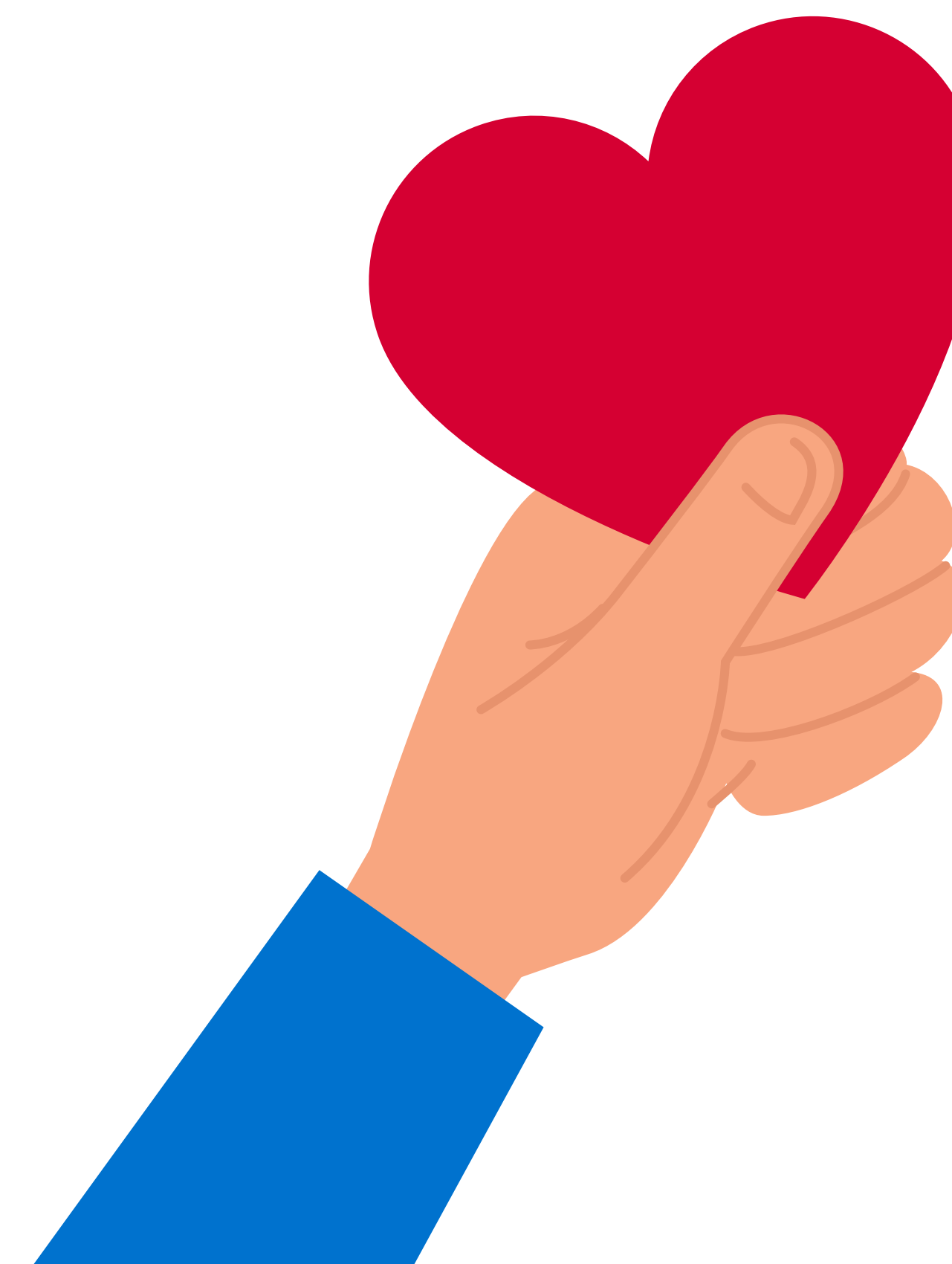
As a key stakeholder with important connections across Victoria's multicultural communities, we ask for your support in sharing this information widely through your networks.

Thank you in advance.

WHAT YOU CAN DO TO HELP

Sharing the materials contained in this stakeholder kit with your community either in print or via email and social media, or through messaging apps such as WhatsApp, WeChat, Messenger and others.

Encouraging other organisations and community leaders to visit <https://www.coronavirus.vic.gov.au/translations> for useful in-language resources.



KEY MESSAGING

The key objectives of these in-language assets are to:

- Inform multicultural Victorians on the recently revised steps to follow after testing positive for COVID-19.
- Educate people on the various levels of symptoms to look out for and how to respond to them.
- Ensure that all Victorians are aware of the various support available to them following a positive test result.
- Improve understanding and adherence to Victorian government health directions in Victoria's multicultural and faith communities.
- Build stronger partnerships across the Victorian multicultural sector.

'WHAT TO DO IF YOU HAVE TESTED POSITIVE FOR COVID-19' POSTERS



POSTER #1

Available in the following 35 languages:

- [Amharic](#)
- [Arabic](#)
- [Assyrian](#)
- [Burmese](#)
- [Chinese Simplified](#)
- [Chinese Traditional](#)
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- [Turkish](#)
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- [Vietnamese](#)

English | English

What to do if you have tested positive for COVID-19

- Quarantine at home for 7 days
- If you test positive on a rapid antigen test you must tell the Department of Health online at www.coronavirus.vic.gov.au/report or via the Coronavirus Hotline on 1800 675 398. Press 0 for an interpreter.
- People you live with or have spent more than four hours with at home must also quarantine for 7 days

Who to tell

- Friends and family you have spent time with recently
- Your employer
- School or daycare of your child

What to tell them

- I've recently tested positive for COVID-19
- We spent time together so you should get tested too
- Everything you need to know is available at coronavirus.vic.gov.au/checklist-cases

Know your symptoms and when you need to get help

	Mild	Worsening	Severe
General feeling	Feeling a little unwell but okay. Able to walk around the house and do normal activities.	Feeling very unwell and tired, struggling to take care of yourself.	Having difficulty breathing, cannot take care of yourself.
Symptoms	<ul style="list-style-type: none"> • Runny or blocked nose • Sore throat • Aches and pains • Coughing • Tired • Headache • Loss of taste and smell • Not hungry or feeling sick • Feeling sad, worried or scared 	<ul style="list-style-type: none"> • Some shortness of breath • Coughing up mucous • Really sore muscles and pains • Very weak and tired • Not peeing very often • Vomiting or diarrhoea • High temperature (over 38 degrees Celsius) • Shaking or shivering 	<ul style="list-style-type: none"> • Any difficulty breathing • Chest pain • Coughing up blood • Lips or face turning blue • Feeling dizzy • Fainting or feeling like fainting • Unable to look after yourself • Confused • Can't keep your eyes open
What to do?	<ul style="list-style-type: none"> • Rest • Drink lots of water • Eat healthy meals • Keep taking any usual medicines 	Call your GP or Nurse On-Call (1300 606 024) as soon as possible. They will advise you what to do next.	Call Triple Zero (000) and tell them you have COVID-19.

For more information in English, visit www.coronavirus.vic.gov.au

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POSTER #2

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English | English

What to do if you have tested positive for COVID-19

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- People you live with or have spent more than four hours with at home must also quarantine for 7 days

Who to tell

- Friends and family you have spent time with recently
- Your employer
- School or daycare of your child

What to tell them

- I've recently tested positive for COVID-19
- We spent time together so you should get tested too
- Everything you need to know is available at coronavirus.vic.gov.au/checklist-cases

Support is available – know how to access it

Food relief

If you're quarantining and don't have family or friends who can help, there is support available for food and personal care items.

Search for food charities in your area through Ask Izzy at www.askizzy.org.au

Call the Coronavirus Hotline 24/7 on 1800 675 398. Press zero (0) if you need to speak to someone in your language. Food that caters to cultural and dietary needs is available.

Financial support

If you lose income because you have to isolate you could be eligible for financial assistance. To find out what support you can get go to www.coronavirus.vic.gov.au/support or call the Coronavirus Hotline on 1800 675 398.

Mental health support

If you are feeling overwhelmed, you can get help from a Mental Health and Wellbeing Hub. These are a free and confidential service available to everyone in Victoria.

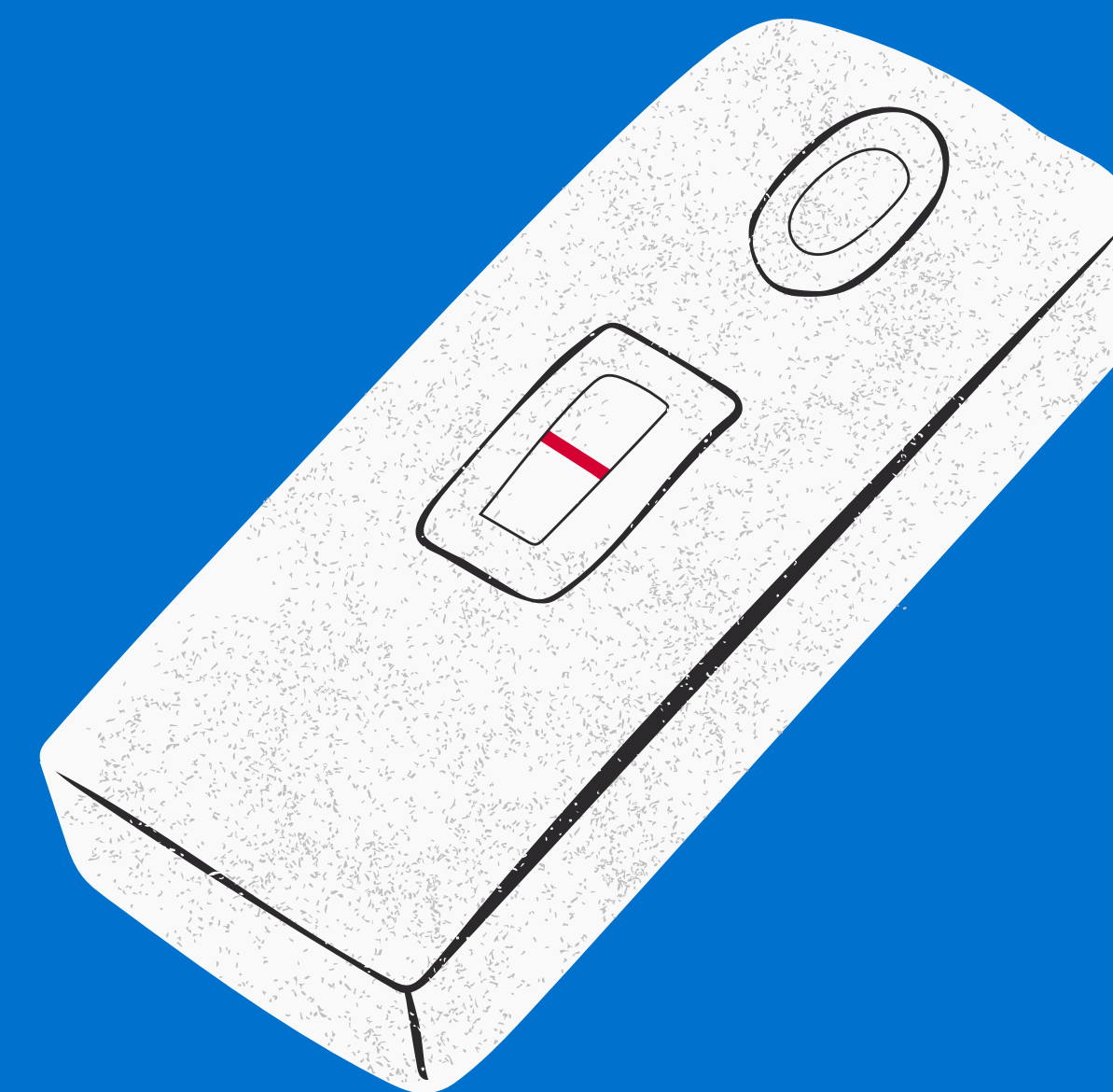
Contact the Mental Health and Wellbeing Hubs by calling 1300 375 330. Need an interpreter? Call TIS National on 131 450. There is a welcome message in English, then say [POSTER LANGUAGE] and ask to be connected to 1300 375 330.

For more information in English, visit www.coronavirus.vic.gov.au

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'UNDERSTANDING RAPID ANTIGEN TESTS' FACT SHEET



FACT SHEET

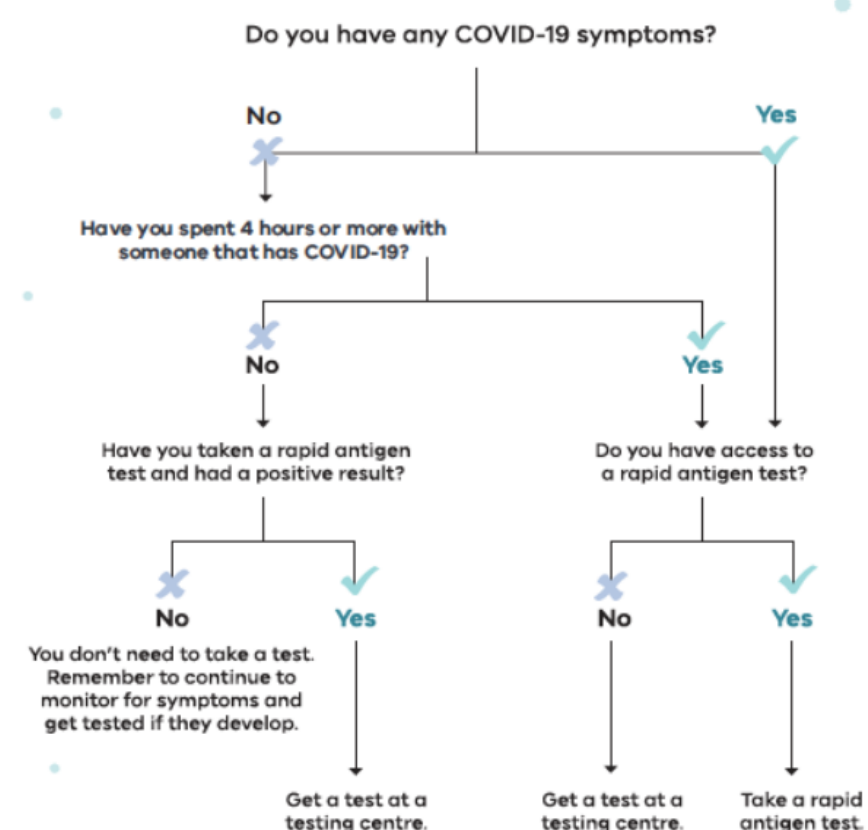
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Understanding rapid antigen tests

Rapid antigen tests (RATs or RA tests) can be used to quickly check if you have COVID-19. They can provide a result quickly, usually within 15-30 minutes, and can be used at home.

When to use a rapid antigen test



For more information on when to get tested call the coronavirus hotline on 1800 675 398 or go to www.coronavirus.vic.gov.au/getting-tested



Understanding rapid antigen tests

Who can get rapid antigen tests for free

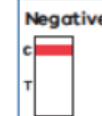


The following concession card holders can get up to 10 free rapid antigen tests over three months from a pharmacy:

- Commonwealth Seniors Health Card
- Department of Veteran's Affairs Gold, White or Orange Card
- Health Care Card
- Low Income Health Card
- Pensioner Concession Card.



If you are a contact of someone with COVID-19 or you have symptoms you can get a rapid antigen test from a testing centre.

Understanding your rapid antigen test result

How your result will appear	What it means	What to do next
	It is unlikely you have COVID-19.	Monitor for symptoms. Note: If you are a household contact you must isolate for 7 days even if you receive a negative result.
	It is very likely that you have COVID-19. The result is positive even if the second line is very faint.	Isolate for 7 days and follow the advice at www.coronavirus.vic.gov.au/checklist-cases . Report your result to the Department of Health at www.coronavirus.vic.gov.au/report or on 1800 675 398. Press 0 (zero) if you need an interpreter when you call. Tell people you have seen recently that you have tested positive and they should get tested too. Support is available – see www.coronavirus.vic.gov.au/support for information on how to access it.
	The test has not worked .	Take another rapid antigen test. If the second test is invalid, you should get a test at a testing site.

For more information visit www.coronavirus.vic.gov.au/rapid-antigen-tests

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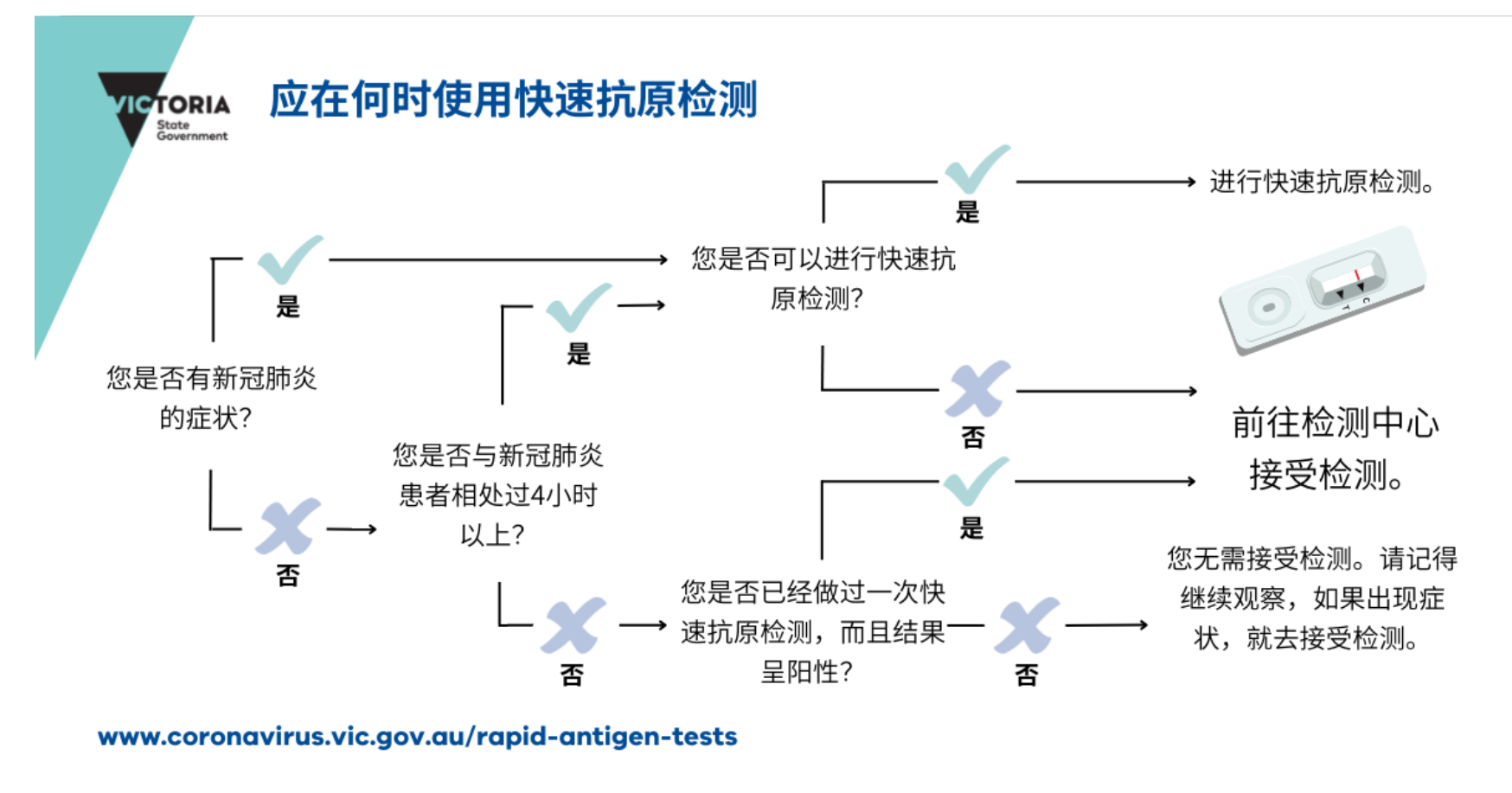
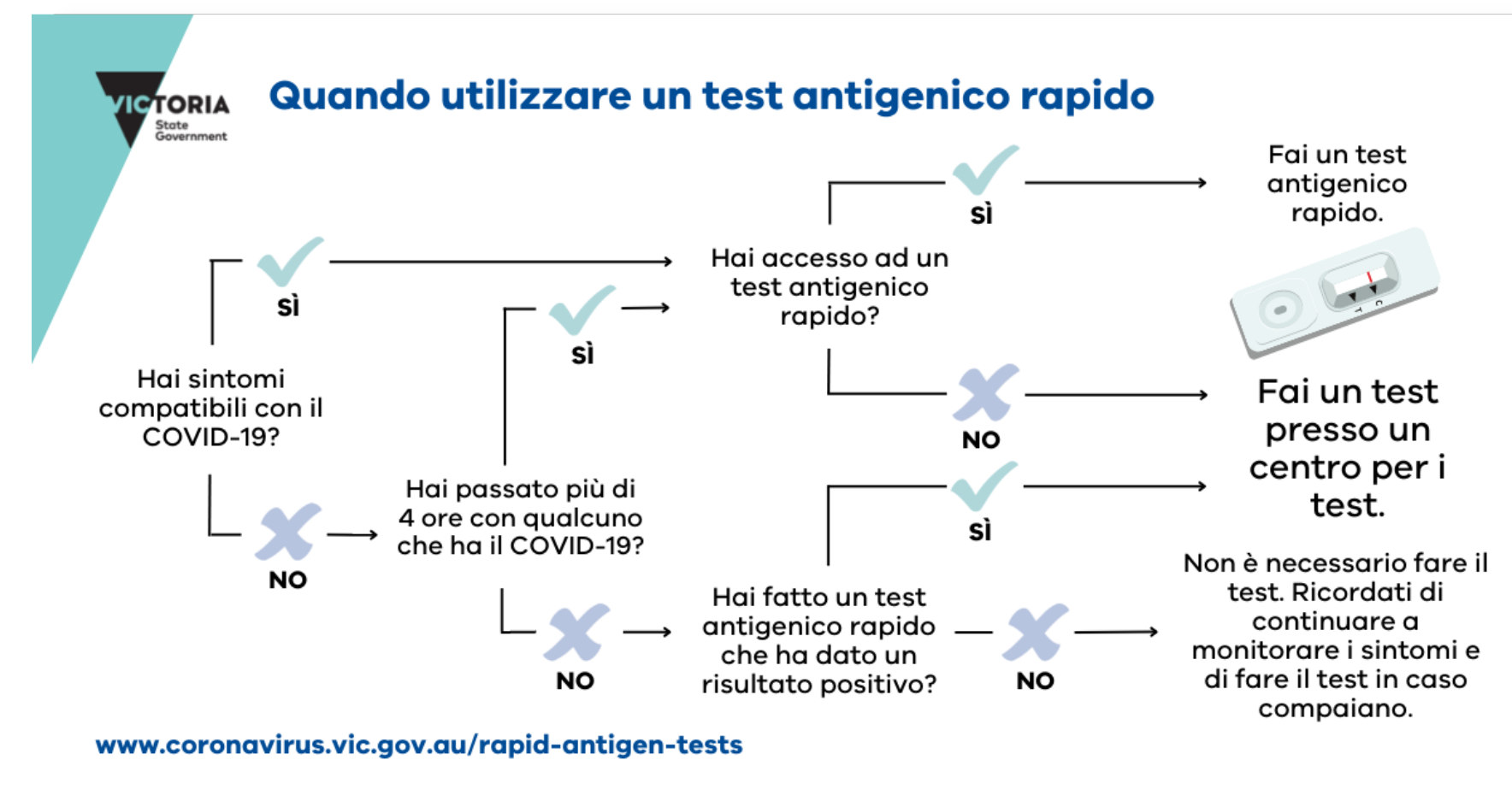
'WHEN TO USE A RAT' SOCIAL TILES



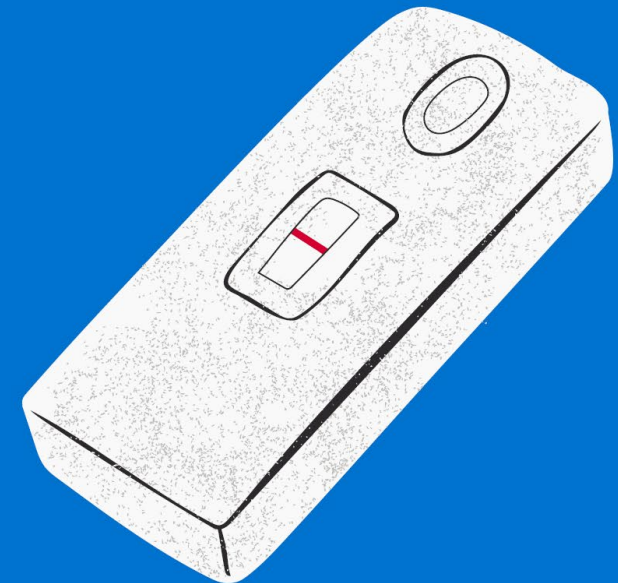
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RAPID ANTIGEN TESTS VIDEOS



VIDEOS

Rapid Antigen tests – reading the results



Click on the link to watch on YouTube.
Available in these languages:

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VIDEOS

Rapid Antigen tests – how to do a nasal swab test



Click on the link to watch on YouTube.

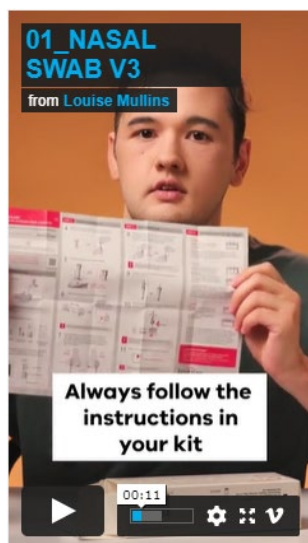
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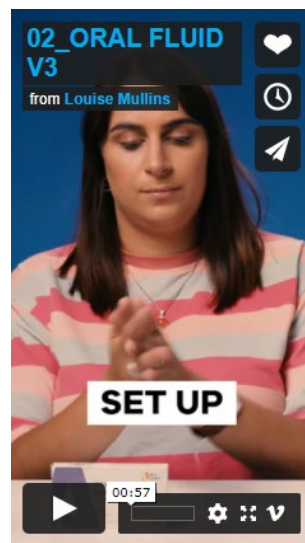
VIDEOS

Minimal English text targeted to a younger audience for sharing on Stories and Reels on Instagram, Facebook and TikTok.
[Download all here](#)

Instructions on using RATs

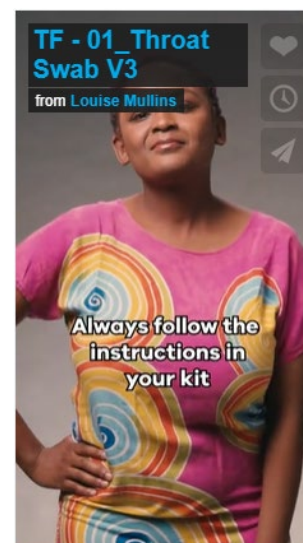


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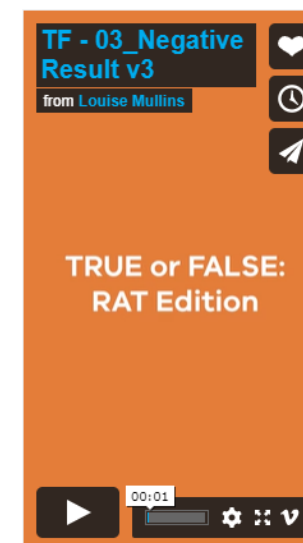


[link](#)

True/False (addressing misconceptions)



[link](#)



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FOR MORE TRANSLATED INFORMATION, VISIT

WWW.CORONAVIRUS.VIC.GOV.AU/TRANSLATIONS

