The future state of COVID-19

COVID-19 will continue to be part of our lives. Together, our role is to keep our families, communities, and health workers safe by planning for future waves.

Most of the rules are gone, but COVID is still a threat, especially to the more vulnerable people in our community. Protecting yourself is the best way to protect them. If you don't get COVID, you can't spread COVID.

Victorians can continue to rely on the Department of Health for information to help manage the risks of COVID.

How can you protect yourself to protect others

Things you can do to avoid getting COVID

The best way to protect yourself from COVID is to avoid getting COVID. Here are some of the things you can do to stay ahead:

- **Get vaccinated.** Book your next dose at the GP or pharmacy and maximise your protection against the virus. Vaccination is the best way to prevent yourself from getting seriously ill.
- **Get tested.** Rapid antigen tests are easily available and highly effective if you have symptoms. It is always a good idea to have some at home.
- **Wear a mask.** Carry a face mask with you when you go out. Face masks protect you by lowering the chance of catching and spreading the virus.
- **Open your windows.** Let fresh air into your home – it reduces the spread of the virus.
- **Talk to your GP.** If you are at a higher risk of falling very sick, talk to your GP about COVID medicines and have a plan for when you get COVID.
- **Look after others.** If you are visiting someone vulnerable, take extra steps to ensure they are protected by wearing a face mask, staying physically distant, and not visiting if you have any symptoms.

What to do if you have COVID

If you test positive for COVID-19, you should:

- **Look after your health**. Check whether you are eligible for treatment. COVID medicines work best within 5 days of getting symptoms.
- **Isolate**. Stay at home for at least 5 days and until you do not have any symptoms. If you need to leave home in an emergency, wear a face mask.
- **Report your result.** You can do it online or by calling 1800 675 398 so that we can help you access the right care and COVID medicines if eligible.
- **Tell your contacts.** Let people you have been in contact with know that you have COVID.
- **Don't go to work.** Call your workplace or school and let them know you have COVID. Some people can get financial support.
- **Avoid sensitive settings.** Don't visit or work in sensitive settings such as hospitals and aged care facilities.
- **Get support.** Organise home delivery of essentials such as food, medicines, and baby formula and see if your friends and family can help you.
- **Take extra steps.** Don't have people over. If they come into your home, let them know you have COVID-19 so they can take steps to protect themselves.