

## **Assessment and testing for COVID-19 in the ACT**

### **1. Who can be tested for COVID-19?**

You can be tested for COVID-19 if you have symptoms of fever or symptoms of a respiratory infection. Symptoms of fever include a body temperature of 38 degrees or higher, measured with a thermometer, or a recent history of chills or night sweats. Symptoms of a respiratory infection include cough, sore throat or shortness of breath. For more information, please see the ACT Health factsheet on identifying the symptoms of COVID-19.

You do not need to visit the Emergency Department unless you have severe symptoms, such as shortness of breath, chest pain or very high fever. If you have severe symptoms, call triple zero (000). Let them know you're worried you may have COVID-19.

### **2. How can I arrange testing for COVID-19?**

If you are experiencing symptoms it is important that you take steps to reduce the risk of transmission and arrange to get tested. You should take the following steps:

- Limit your exposure to other people by self-isolating yourself at home.
- Call your GP for a telehealth assessment. You should not visit your GP without calling ahead. Many GPs are happy to test and manage their regular patients so your usual GP should be your first contact.

If you are tested for COVID-19, you must self-isolate at home until you receive a negative result.

If you can't access testing through your usual GP, or you don't have a usual GP, you can either:

- Make an appointment for assessment and testing at a GP Respiratory Clinic; OR
- Visit an ACT Respiratory Assessment Clinic.

Further information about these options is outlined below.

### **3. By appointment at a GP Respiratory Clinic**

Assessment and testing are available, by appointment, through:

a) **Your GP@Crace** – opening 29/4/2020

1/5 Barrata St, Crace ACT

02 6109 0000

[gprespiratoryclinic.com.au](mailto:gprespiratoryclinic.com.au)

<https://www.yourgpcrace.com.au>

b) **Lakeview Medical Practice Tuggeranong** - opening 4/5/2020

1/216 Cowlshaw St, Greenway ACT

02 6185 1986

<https://www.lakeviewmedical.com.au>

c) **Winnunga Nimmityjah**

Winnunga Nimmityjah Aboriginal Health and Community Services is providing a culturally appropriate assessment and testing centre for First Nations people. Winnunga Nimmityjah AHCS can be contacted at

Winnunga Nimmityjah AHCS- opening 27/4/2020

63 Boolimba Crescent, Narrabundah ACT

02 6284 6222

<https://www.winnunga.org.au>

Usual patients of these general practices can still see their usual GPs safely. The respiratory clinics will occur in a separate part of the building, with a separate entrance, and strict infection control measures.

These GP Respiratory Clinics have been established as part of the Australian Government Department of Health's response to COVID-19 testing and management with the aim to:

- Complement existing ACT Respiratory Assessment Clinics run by the ACT Government
- Reduce demand on our hospital emergency departments and free them up to support people with severe symptoms.
- Keep people with potential COVID-19 related symptoms separate from patients visiting general practice for non-respiratory issues.

#### 4. ACT Respiratory Assessment Clinics

You do not need to make an appointment to attend an ACT Respiratory Assessment Clinic. The ACT Respiratory Assessment Clinics are located at:

- the **Weston Creek Walk-in Centre** (24 Parkinson St, Weston). Open 7.30am – 10pm daily, including public holidays. Please ensure you use a mask and hand sanitiser available at the front door.
- the **Drive Through Respiratory Assessment Clinic at Exhibition Park in Canberra** (EPIC, Flemington Rd & Northbourne Ave, Mitchell). Open 9.30am - 6pm daily (last car accepted at 5pm). You must be driving or a passenger in a registered motor vehicle or motorbike to attend this clinic. It cannot be accessed from public transport or on foot.

## **5. Travelling to be tested for COVID-19**

When travelling to your GP, a GP Respiratory Clinic or an ACT Respiratory Assessment Clinic, do not attend any public places, such as shops or cafes/restaurants, on the way. If possible, you should travel using a private mode of transport, such as a private car, to minimise exposure to others.

However, if using public transport is your only option, you should wear a mask, avoid direct contact with other people (including other passengers, drivers and transport staff), cough/sneeze into your elbow, and wash your hands before and after you travel. Please note that you cannot attend the Drive Through Respiratory Assessment Clinic at EPIC from public transport.

## **6. Where can I get further information?**

Further information is available on the [ACT Health COVID-19 website](#).