

Northern Beaches

COVID-19 Testing

Our COVID-19 Testing Clinic is a drop-in currently and does not require an appointment.

During busy times, there may be extended waits for your swab to be taken. At times of extreme demand, the wait may be more than 2 hours

What Will Happen?

Staff will take your name and phone number and ask you to return to your car. We will call or text you to return to the clinic for your test.

You will receive a text message from the pathology lab within 48-72 hours with your result. If you are positive, someone will contact you directly.

I Don't Want To Wait—Where Are Other Clinics?

- Mona Vale Hospital, Coronation St, Mona Vale, 10am-6pm, 7 days
- Dee Why Respiratory Clinic, G/5 Mooramba Road, Dee Why, 8am-5pm, Monday-Friday. Call (02) 8416 5005 before leaving your vehicle.
- St Ives Community Centre, Memorial Avenue, St Ives - 8am-3pm, 7 days (until June 28)
- Frenchs Forest Douglass Hanly Moir Pathology, GP Referral Required, Phone 1800 026 622 or (02) 9111 3405 to make a booking
- Frenchs Forest MedLab Pathology, 8 Hilmer Street, Frenchs Forest, 9am-4pm Monday to Friday, 9am-1pm Saturday, GP Referral Required
- North Narrabeen, 1416 Pittwater Rd, North Narrabeen, Monday to Friday 10am - 4pm, closed for lunch 12-12:30. GP referral preferred

Note:

Please be patient and respectful with our staff.

Aggressive behaviour will not be tolerated.

What To Do Next:

Call Reception on 9105 6275 or 9105 5218 to register your details.

Leave the hospital promptly and do not visit the coffee shop or pharmacy. Ensure your mask is intact and seek advice from the clinic if you have any questions.

Managing Your Symptoms

If at any time you develop worsening symptoms or are feeling unwell, contact your GP. If you do not have a GP (or they are unavailable), please call the Northern Beaches Hospital Medical Centre on 9105 5875 to arrange a telehealth consultation with one of our GPs.

During these consultations, the GP will be able to further assess the progress of any symptoms, arrange any necessary prescriptions or treatment and help determine if further face-to-face clinical assessment is required.

Results Notification

Please do not call for results, you will be contacted via text if you are negative or by phone if you are positive.

You Must Isolate While You Wait For Your Results

Stay Home—You should restrict your activities outside your home, except for seeking medical care. You should not go to work, school/childcare, university, the gym or public areas. You should not use public transportation, taxis or ride-shares, until cleared by public health.

Northern Beaches Hospital

105 Frenchs Forest Rd (West), Frenchs Forest NSW 2086 Phone 02 9105 5000

www.northernbeacheshospital.com.au

ABN: 85 006 405 152 A Healthscope Hospital

Limit Exposure—Make sure that you do not share a room with people who are at risk of severe disease, such as elderly people and those who have heart, lung or kidney conditions and diabetes. People who do not have an essential need to be in the home should not visit while you are in isolation.

Wear a Mask—You should wear a surgical mask when you are in the same room with other people (even if they are also in isolation) and when you visit a healthcare provider. Make sure your surgical mask covers your nose and mouth at all times and avoid touching your mask unnecessarily.

Practice Hygiene—You should cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your sleeve/elbow. Used tissues should be placed in a bin and hands immediately washed with soap and water for at least 20 seconds.

You should wash your hands often and thoroughly with soap and water for at least 20 second or use an alcohol based hand sanitiser.

Do this before:

- Entering an area where there are other people
- Before touching things used by other people
- After using the bathroom
- After coughing or sneezing
- Before putting on, and after removing, gloves and masks.

You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water or use a dishwasher.

Self-Care During Isolation

Self isolation means staying home to avoid situations where you could infect other people. The quarantine is 14 days for those positive to COVID-19 or until you receive a negative results.

Thank you for playing your part in reducing the spread of COVID-9.

If you need support during your isolation, you can access these services:

Coronavirus Mental Wellbeing Support Service 1800 512348 www.coronavirus.beyondblue.org.au

Head to Health www.headtohealth.gov.au

Lifeline 131114 or text 0477 123 114

MindSpot 1800 614 434 for CBT courses

Other Important Contacts

National Coronavirus Hotline 1800 020 080

Epic Pharmacy 9105 5000