

### Get tested for COVID-19

As restrictions continue to ease across Queensland, a local healthcare organisation is asking anyone displaying even the mildest COVID-19 symptoms to get tested for the virus.

Symptoms can include a cough, sore throat, fever, trouble breathing, fatigue, or a runny nose.

Central Queensland, Wide Bay, Sunshine Coast PHN CEO Pattie Hudson said Queenslanders had done a great job so far to avoid community transmission of the deadly virus.

“It’s a credit to Queenslanders, and particularly those across our region, that in following the health guidance and social distancing restrictions we’ve had a low rate of infection,” Ms Hudson said.

“As we return to our regular lifestyles, we’ll be in touch with more and more people, so we need to find any traces of the virus and isolate it accordingly.

“If COVID-19 is still present but going undetected in the community, getting more people tested will help keep us safe and healthy.”

Queensland currently has capacity to carry out 10,000 tests per day, with data from Queensland Health suggesting there are some groups who are under-represented in testing statistics.

These include people with only mild symptoms, like a runny nose or sore throat, working men, symptomatic children or Indigenous people.

With no one immune to COVID-19, an increase in testing will provide a clearer picture of how the virus is spreading in Queensland, and will go on to inform any future changes to the easing of restrictions.

If you have symptoms, you can arrange testing by phoning your general practitioner, who can advise on the available testing facilities and provide a pathology referral form if required.

The PHN’s general practice liaison officer Dr Jon Harper said testing was simple and, in many cases, results are available within 1-2 days.

“The test involves inserting the swab into the throat and nose which is rotated slowly to pick up secretions that will be tested for specific germs,” Dr Harper said.

“The samples are then transferred to the nearest laboratory that is set up to test for the COVID-19 virus.”

Dr Harper also urged people to continue with the personal hygiene practices promoted in response to the pandemic.

“Washing your hands thoroughly with soap, using hand sanitiser, coughing and sneezing into your elbow, and avoiding contact with other people if you’re sick are some of the best ways to prevent the spread of any virus, including COVID-19 and influenza,” Dr Harper said.

“As we head into the cooler months and we start to return to normal work and social patterns we need to stay vigilant.”

### HOW TO GET TESTED FOR COVID-19

To arrange COVID-19 testing through your GP or a respiratory clinic, please call the practice first.

## MEDIA RELEASE

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A list of fever and respiratory clinics is available on the Queensland Health website:  
[www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/stay-informed/testing-and-fever-clinics](http://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/stay-informed/testing-and-fever-clinics)

Some clinics require a valid request form from your GP.

While it is not necessary to call ahead for testing at a fever clinic, you are asked to wear a face mask, if possible.

Note: Most GPs, private pathology, and respiratory clinics are generally open business hours Monday – Friday. Queensland Health fever clinics are open seven days.

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**For more information contact: Jasmin Midgley, Senior Media and Communications Officer,  
Central Queensland, Wide Bay, Sunshine Coast PHN on 5456 8100**