

## What is self-isolation/quarantine?

Self-isolation or quarantine means you must stay at your home or accommodation and remain separated from others, even if you are fully vaccinated or feel well. People with COVID-19 or who are close contacts must self-isolate/quarantine to help stop the spread of COVID-19 to other people.

This means you cannot:

- Go to work
- Go to any public places (for example, shops, parks, church, beaches, pharmacy, butchers)
- Have any visitors in your home, unless they are providing healthcare, emergency maintenance or emergency services.

You are only allowed to leave your home or accommodation to get a COVID-19 test, for urgent medical care if you have an appointment, or in an emergency (including to avoid injury or escape the risk of harm from domestic violence).

If you need to leave for any of these reasons, you should travel by private vehicle. You must wear a face mask, stay at least 1.5m away from anyone else, travel directly to and from where you need to go and self-isolate in suitable accommodation as soon as possible.

## Where can I self-isolate/quarantine?

You should spend your self-isolation/quarantine period at the place you are staying. This may be your home, a hotel, motel or other form of accommodation, and you must be able to safely stay there and separate from all other people.

If you are not already at home when you find out that you need to self-isolate, you must immediately travel directly (without stopping) to your accommodation.

## How can I self-isolate/quarantine safely within my home?

If you live with other people, you must keep completely separated as far as possible from them during this period.

### Physical distance

This means:

- Stay and sleep in a separate room
- Use a separate bathroom if available, or clean a shared bathroom after use
- Do not be in the same room as another person (even if they are also in isolation/quarantine)
- Do not share household items including dishes, cups, towels and bedding. After using these items, wash them thoroughly with soap.

## What should the people I live with do?

If you live with a person who you cannot keep separated from (e.g. a child or carer where alternative arrangements cannot be made), they do need to self-isolate with you.

If there is a positive case in the household, the rest of those living there will be in quarantine. If there is only a close contact in the household, the rest of the household can go about their business unless the close contact becomes symptomatic / has a positive test.

### Practice good hygiene

- Wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitiser:
  - Before entering an area where other people may go
  - Before touching things used by other people
  - After using the bathroom
  - After coughing or sneezing
  - Before putting on, and after removing face masks
  - Before eating or drinking
  - Cover coughs and sneezes.
- Regularly clean all surfaces you touch as much as possible (such as tabletops, doorknobs, and bathroom fixtures) by using household disinfectant or diluted bleach solution.
- Wear a mask in shared areas or when caring for other members of your household.

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- Take extra care to remain separate from any members of your household who are elderly, immune-compromised or have medical conditions such as heart, lung or kidney problems.

### When can I leave self-isolation/quarantine?

- You can end your self-isolation when you have been contacted and reviewed by a clinician.

### What if I get symptoms while in self-isolation/quarantine?

If you get any COVID-19 symptoms during self-isolation/quarantine, get tested as soon as possible. Do this by telephoning the GP Clinic on 22091. In the case of an emergency please phone 000.

- Do not visit people, shops or anywhere else on the way to or from the testing tent
- Do travel by private vehicle
- Do wear a face mask that covers your nose and mouth
- Do tell the GP/testing person that you are a close contact of a person with COVID-19
- If you live with someone who works in healthcare, aged care or disability facilities, it is important that they speak to their employer before returning to work.

### What support is available while I am in self-isolation/quarantine?

#### Coping with self-isolation/quarantine

This time may be difficult for you, your family and everyone living with you. Strategies to help you cope include:

- Keep up a daily routine as much as possible
- Keep in touch with family and friends via telephone, social media or email
- Exercise inside your home, on your private balcony or in your backyard (keeping distance from others) using home exercise equipment, if available
- Take care of yourself and try to eat healthy foods
- Learn about coronavirus and talk with others
- Reassure young children using age appropriate language
- Arrange to work from your isolation/quarantine location
- Do things that help you relax and use isolation as an opportunity to do activities you don't usually have time for.

#### What support is available to me during isolation/quarantine?

We understand the impact to you, your family and employment may be significant. EMNI understands during mandatory quarantine, you may require other assistance, supplies or personal support.

The Red Cross, since May 20 2022, are providing welfare support. If you have non-medical questions, or need advice on how to access goods and services whilst in isolation/quarantine, the Red Cross can be contacted on mobile 50506.

Customer Care can be contacted on free call 0100 and can take payment over the phone for mobile phone credit if required. If you have communication issues, please call 000, this is a free call number.

#### How can I access groceries and medicines while in self-isolation/quarantine?

If you need groceries or medicines (including prescription medicines), ask a family member or friend (who is not in isolation/quarantine) to deliver them to your place. Once the items have been delivered the person must not stay. No one is allowed to enter your residence during isolation/quarantine.

#### What if I get sick?

While in isolation/quarantine, monitor yourself for symptoms including fever, cough, sore throat, runny nose, shortness of breath, fatigue or tiredness, loss of smell and/or taste, diarrhoea or vomiting. Other possible symptoms include chills and body aches. If you develop any symptoms or have concerns contact NIHRACS immediately on 22091. You will be advised (by a Doctor or Nurse) of next steps.

**We ask that you DO NOT** physically present to the GP clinic or Hospital.

In an emergency call 000.