

# SELF ISOLATION

## WHAT TO DO IF YOU HAVE COVID-19



### IMPORTANT

If you have COVID-19, you must self isolate until medically cleared, even if you are fully vaccinated.

You are not allowed to leave your home except for urgent medical care or in an emergency (including to avoid injury or escape risk of harm from domestic violence).

### Self isolation means you cannot:



Go to work or school



Go to any public places (e.g. shops, parks, beaches)



Use public transport



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 or in an emergency (including to avoid injury or escape the risk of harm from domestic violence).

### What to do if you test positive for COVID-19



Self Isolate



Tell your household



Tell your Employer and/or education facility



Tell other close contacts



Know the requirements for leaving self-isolation and ensure you follow them



# SELF ISOLATION

## WHAT TO DO IF YOU ARE EXPOSED TO COVID-19

NSW Health contacts only those at high risk of getting COVID-19 from an exposure.

**If you receive a positive test result for COVID-19, please contact anyone you have spent time with from 2 days before you had symptoms, or when you tested positive (whichever came first).**

### What to do:



Use information at [nsw.gov.au](https://nsw.gov.au) to determine the risk of your exposure. This can vary from 'low risk' from brief contact, such as going for a walk with someone, through to 'high risk' such as sharing a household or staying overnight with someone who has COVID-19. Use this information to determine your testing and/or self-isolation actions.

If you determine you are a 'high risk' contact, or a 'moderate risk' contact with symptoms, you will need to be tested and self-isolate.

### If you need to self-isolate



Plan to self-isolate for 7 days



- Get a PCR test (at a clinic or drive through service) tested as soon as you find out you may have been exposed
- Get a PCR or RAT (a test you can do yourself at home) on day 6 of your isolation



- If BOTH tests are negative you can leave self isolation after 7 days
- Limit activity for the next 7 days. This means you should work from home where possible and not go to high risk settings such as health care, aged care, disability care, early childhood centres, primary school and correctional facilities



# SELF ISOLATION

## INFORMATION FOR PARENTS AND CARERS

### WHAT IF THE PERSON I CARE FOR CANNOT SELF-ISOLATE ON THEIR OWN?

#### What to do:



You should try to keep any COVID-19 positive members of your household separated as much as you can. If the positive member of your household cannot self-isolate by themselves, a vaccinated adult should isolate with them if possible.

Household close contacts who are able to remain completely separated from the COVID-19 positive person need to self-isolate for 7 days. This means seven full 24-hour periods from the time the COVID-19 positive person received their positive result.

Household close contacts who are unable to separate from the COVID-19 positive person must self-isolate with them until they are released from isolation.



You must not attend high-risk settings during the close contact's isolation period.



This includes health care, aged care, disability care, early childhood centres, primary school and correctional facilities.



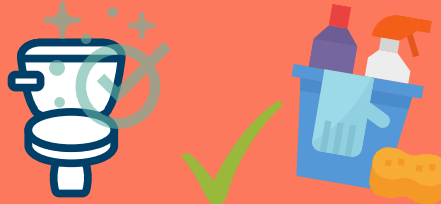
# SELF ISOLATION

## HOW TO SAFELY SELF ISOLATE AT HOME

**STAY & SLEEP IN A SEPARATE ROOM.**



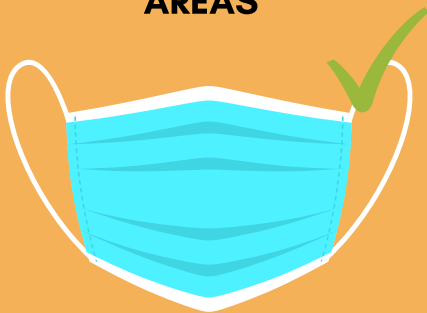
**USE A SEPARATE BATHROOM OR CLEAN A SHARED BATHROOM AFTER USE.**



**DO NOT BE IN THE SAME ROOM AS ANOTHER PERSON (EVEN IF THEY ARE ALSO IN ISOLATION).**



**WEAR A MASK IN SHARED AREAS**



**DO NOT SHARE HOUSEHOLD ITEMS INCLUDING DISHES, CUPS, TOWELS & BEDDING.**



**WASH YOUR HANDS WITH SOAP & WATER OR USE AN ALCOHOL-BASED HAND SANITISER OFTEN**



**COVER COUGHS & SNEEZES**



**CLEAN SURFACES YOU TOUCH OFTEN**



**MONITOR SYMPTOMS**



**Call Triple Zero (000) if symptoms become serious.**

# SELF ISOLATION

## WHAT SUPPLIES YOU MAY NEED

### FOOD



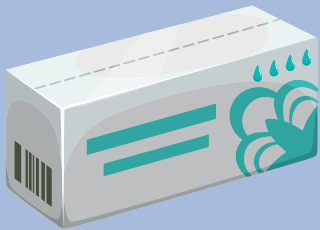
### GROCERIES



### CLEANING PRODUCTS



### SANITARY ITEMS



### BABY PRODUCTS



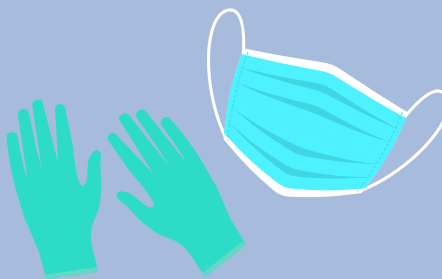
### PET FOOD



### MEDICATIONS



### MASKS & GLOVES



### PAPER PLATES & CUTLERY



# SELF ISOLATION

## COPING WITH SELF-ISOLATION

### MAINTAIN ROUTINE



### KEEP IN TOUCH



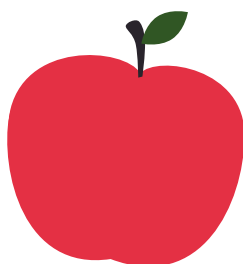
### EXERCISE INSIDE WITHIN YOUR HOME



### TAKE CARE OF YOURSELF



### TRY TO EAT HEALTHY FOODS



### KEEP REGULAR SLEEP ROUTINES



### IF WORKING TAKE BREAKS & MAINTAIN BALANCE



### SEEK SUPPORT

**NSW MENTAL HEALTH LINE:**



### MONITOR SYMPTOMS



Call Triple Zero (000) if symptoms become serious.

# SELF ISOLATION

## USEFUL CONTACTS

### **In an emergency please call Triple Zero (000)**

For example if you are having trouble breathing or have pain in your chest. Ambulance services are for emergencies and are provided free of charge to people who are confirmed or suspected to have COVID-19.

### **If you start to feel unwell or symptoms get worse**

Contact your Local Health District clinical team, your doctor, or call Healthdirect (1800 022 222) if you need health advice. Let them know you are currently self-isolating due to COVID-19.

### **Non Urgent Health related questions - 1800 943 553**

If you need other practical support or have non-urgent health related questions during isolation call 1800 943 553.

### **NSW Health Isolation Support Line - 1800 943 553**

If you have no other way of obtaining food or other essentials call the NSW Health Isolation Support Line on 1800 943 553 and you will be directed to Service NSW for assistance.

### **Mental Health Support**

NSW Mental Health Line – 1800 011 511

Beyond Blue helpline – 1800 512 348

Lifeline – 13 11 14

### **Drug & Alcohol Helpline - 1300 887 000**

Mon-Fri 8.30am - 4.30pm

### **Domestic Violence Support**

National sexual assault and domestic violence helpline – 1800 RESPECT  
(1800 737 732)

### **Kids Helpline - 1800 55 1800**