



## Isolation guidance

### Who needs to isolate?

To help limit the spread of coronavirus, you must isolate yourself in the following circumstances:

- If you have left, or transited through mainland China or Iran in the last 14 days, you must isolate yourself for 14 days from the date of leaving mainland China/Iran.
- If you have left, or transited through the Republic of Korea on or after 5 March 2020 you must isolate yourself for 14 days after the date of leaving the Republic of Korea.
- If you have left or transited through Italy on or after 11 March 2020 you must isolate yourself for 14 days after the date of leaving Italy.
- If you have been in close contact with a proven case of coronavirus, you must isolate yourself for 14 days from the date of last contact with the confirmed case.

### Stay at home

During the 14 days of isolation, you must stay at home and don't go to public places including shopping centres, work, school, childcare, university or public gatherings. Only people who usually live with you should be in the home. Do not see visitors. **Put a stop sign on your door warning that you are in isolation and not to enter.**



If you are well, there is no need to wear surgical masks at home. Ask others who are not in isolation to get food and necessities for you. If you must leave home, such as to seek medical care, wear a surgical mask. If you don't have a mask, take care to not cough or sneeze on others. For more information about when to wear a mask, visit: [www.health.gov.au/covid19-resources](http://www.health.gov.au/covid19-resources)

### Monitor symptoms

When in isolation, monitor yourself for symptoms including fever, cough or shortness of breath. Other early symptoms include chills, body aches, sore throat, runny nose and muscle pain. What do I do if I get sick?

### How can I prevent the spread of coronavirus?

Practising good hand and sneeze/cough hygiene is the best defence against most viruses. You should:

- wash your hands frequently with soap and water, before and after eating, and after going to the toilet
- cover your cough and sneeze, dispose of tissues, and use alcohol-based hand sanitiser
- and if unwell, avoid contact with others (stay more than 1.5 metres from people).

If you develop symptoms (fever, a cough, sore throat, tiredness or shortness of breath) within 14 days of last contact of a confirmed case, you should arrange to see your doctor for urgent assessment. Phone your doctor for instructions before you attend surgery.

**DO NOT GO TO DOCTOR WITHOUT CALLING FIRST, LET THEM KNOW THAT YOU MAY HAVE BEEN IN CONTACT WITH A POTENTIAL CASE OF CORONAVIRUS OR THAT YOU HAVE SYMPTOMS OF THE VIRUS.**

You must remain isolated either in your home or a healthcare setting until public health authorities inform you it is safe for you to return to your usual activities.

## Going outside

If you live in a private house, it is safe for you to go into your garden or courtyard. If you live in a unit or townhouse, it is also safe for you to go into the garden but you should wear a surgical mask to minimise risk to others and move quickly through any common areas.

## Advice for others living with you

Others that live with you are not required to be isolated unless they meet one of the isolation criteria outlined above. If you develop symptoms and are suspected to have coronavirus, they will be classified as close contacts and will need to be isolated.

## Cleaning

To minimise the spread of any germs you should regularly wash surfaces that are frequently touched such as door handles, light switches, kitchen and bathroom areas. Clean with household detergent or disinfectant.

## Managing the 14-day isolation

Being in isolation can be stressful and boring. Suggestions include:

- Keep in touch with family members and friends via telephone, email or social media.
- Learn about coronavirus and talk with others.
- Reassure young children using age-appropriate language.
- Where possible, keep up normal daily routines, such as eating and exercise.
- Arrange to work from home.
- Ask your child's school to supply assignments or homework by post or email.
- Do things that help you relax and use isolation as an opportunity to do activities you don't usually have time for.

## More information

For the latest advice, information and resources, go to [www.health.gov.au](http://www.health.gov.au)

Call the National Coronavirus Health Information Line on 1800 020 080. It operates 24 hours a day, seven days a week. If you require translating or interpreting services, call 131 450.

The phone number of your state or territory public health agency is available at [www.health.gov.au/state-territory-contacts](http://www.health.gov.au/state-territory-contacts)

If you have concerns about your health, speak to your doctor.

## What are the symptoms of novel coronavirus?

When you have a virus, it's not actually the virus that makes you sick, but your immune system's efforts to get rid of it. For example, your immune system can raise your body temperature and give you a fever, to make it hot enough to kill a virus. All the hard work your immune system is doing can also use up energy and make you feel tired.

Everyone's body is different, and because symptoms are caused by your immune system and not the virus itself, different people can have slightly different symptoms when they have the same virus, and some people's symptoms will be worse than others.

Novel coronavirus (COVID-19) is a respiratory illness, which means it affects the parts of your body you use to breathe: your nose, throat and lungs. If you're sick with novel coronavirus (COVID-19), your symptoms might include:

- fever
- a cough
- sore throat
- fatigue
- shortness of breath.

## **How does novel coronavirus (COVID-19) spread and how can I catch it?**

Novel coronavirus (COVID-19) spreads between people, usually when a sick person coughs or sneezes.

You might catch novel coronavirus (COVID-19) if someone with the virus sneezes or coughs onto you. You could also catch the virus if they have coughed or sneezed onto a surface (like a door handle) that you touch, getting the droplets on your hands and then transferring them to your mouth, nose or eyes when you touch your face or eat.

## **How can I stop myself from getting it?**

Washing your hands often and properly means that you can prevent viruses from entering your body. That means washing your hands when you've been out and about and before you eat (and after you go to the toilet!).

Did you know there are six steps to washing your hands properly? Follow the below steps to make sure you're washing your hands successfully.

## **I'm feeling scared/overwhelmed/worried/anxious about novel coronavirus (COVID-19)**

It's totally normal to feel concerned when big events happen in the world. All the news headlines, official government press conferences, and stories from family and friends can seem scary.

We have tips in our blog post about [how to look after your mental wellbeing in a crisis](#), including taking time to switch off and focusing on the things you can control, rather than worrying about things you can't control. Washing your hands properly and often is the number one thing you can do to protect your health. Staying home if you're sick is the best thing you can do to protect others.

If you're feeling scared, worried or upset for two weeks or more, or how you are feeling is distracting you from going about your normal routines, it's worth speaking to someone about it – either someone close to you or a medical professional.

## **Is there anything else I can do to make myself less likely to catch novel coronavirus (COVID-19)?**

You might have heard that things like eating lots of garlic, taking extra vitamins, doing certain exercises, or burning heaps of essential oils can stop you from catching novel coronavirus (COVID-19). This isn't true.

Looking after yourself by [eating a healthy, balanced diet](#), [getting regular physical activity](#), [sleeping well](#) and [reducing stress](#) is important all the time, not just when you're trying to avoid getting sick, so we recommend you keep these healthy habits in mind every day.

## **Should I be wearing a facemask to protect myself from novel coronavirus (COVID-19)?**

You might have seen people in public wearing facemasks lately, and wondered if you should, too. There isn't any evidence that wearing a facemask will stop you from catching a virus like novel coronavirus (COVID-19), so if you're well, you don't need to wear a facemask.

If you're sick with symptoms of novel coronavirus (COVID-19) and you have a facemask, you should wear this when you go to medical appointments. This is to protect others from contracting novel coronavirus (COVID-19) from you.

# CLEAN HANDS **SAVE LIVES**

6 steps to successful everyday hand washing



Rub hands palm to palm.



Rub hands palm to palm  
with fingers interlaced.



In a circular motion rub  
the tips of fingers in the  
palm of the opposite hand.



Clean thumb by  
holding it in the other  
hand and rotating.



Interlock fingers and  
rub back of fingers  
on opposite palms.



Rinse hands  
with water.

Washing your hands properly is one of the best things you can do to protect yourself from novel coronavirus (COVID-19). Try to stay at least 1.5 metres away from people who are coughing or sneezing. Even if they don't have novel coronavirus (COVID-19), they might have germs you don't want anyway!