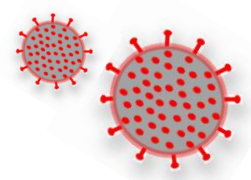
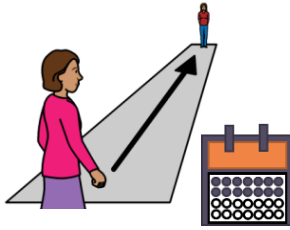


Self-isolation and Coronavirus (COVID-19)



What is self-isolation?

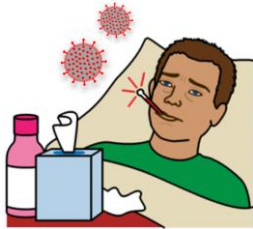


Self-isolation is a way to stop COVID-19 from spreading. It means you must keep away from people you don't live with for 14 days. You can stay at home or in a hotel room.

Who needs to self-isolate?



Anyone coming to Australia from overseas after 15 March 2020



Anyone who has COVID-19

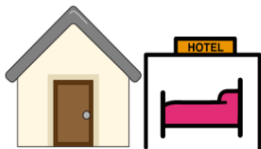
Anyone who lives with someone who has it

Anyone who has been in close contact with someone who has COVID-19. 'Close contact' means being very near to someone for 15 minutes or more.

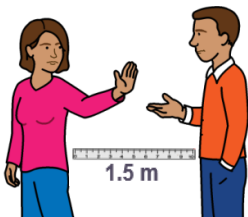


You may be fined if you do not self-isolate

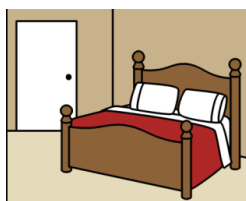
How to self-isolate



Do not leave your house or hotel room unless you are going to the doctor or hospital

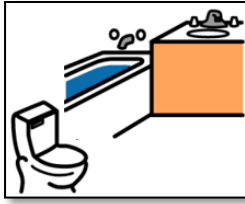
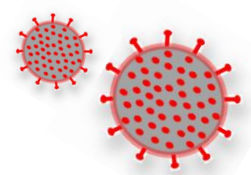


Stay at least 1.5 metres away from anyone you live with



Use a separate bedroom if you can

Self-isolation and Coronavirus (COVID-19)



Use a separate bathroom if you can



You must use disinfectant to wipe any surfaces you have touched. 'Disinfectant' is a cleaning liquid that kills germs.



Do not have visitors



You must wear a face mask if you have COVID-19 and are

- in the same room as other people
- going to the doctor or hospital

You do not need to wear a face mask if you live with someone who has COVID-19, unless you start to feel sick



Everyone in the house must keep washing their hands




Everyone must stay at home for 14 days. You can go to your garden



If you need food or other things, ask friends and family you don't live with. If you cannot get help to get these things call 1800 675 398.

If you need an interpreter  call 131 450.

Do you have any questions?

Call 1800 020 080 anytime. If you need an interpreter  call 131 450.