

Self-quarantine advice

This fact sheet contains important information for people who are required to self-quarantine, including how to protect others, stay well, and supports available to you. Please read this information carefully.

How to self-quarantine

- You **must stay at a suitable place** and **not leave** unless you need to seek urgent medical care.
- **Do not go to public places** – this includes work, school, childcare, university, shopping centres, public parks, social or religious gatherings.
- Do not go shopping or to restaurants – **shop online or have family or friends deliver** what you need to your door.
- **Do not have visitors** at your home. Only people who usually live with you should be in the home – **they must not sleep or be in the same room** as you.
- You must wear a surgical mask at all times when you are not in your place of quarantine.

Where to self-quarantine

You must directly travel to your chosen self-quarantine place and stay there for 14 days.

You must ensure no one else enters or stays at the place you are self-quarantining unless:

- they usually live there and you need to provide care/support to them, or receive care/support from them, or
- they are also self-quarantining, or
- your place of self-quarantine is appropriately set up so you do not have contact with others, as outlined in the 'Living with other people' section below.

Because we need to minimise the number of people you are in contact with, you may need to make arrangements for yourself or other household members to stay somewhere else.

If this is not possible, please contact the COVID-19 Relief Call Centre on 1300 705 336 for information and assistance with personal hardship support, including assessment of eligibility for accommodation support for people unable to appropriately self-quarantine at home. You can also email housingrelief@sa.gov.au.

Living with other people

Others who live with you are not required to self-quarantine. However, if you develop symptoms and are suspected to have COVID-19, other household members will be classified as close contacts and will then also need to self-isolate.

- **Avoid contact** with other people living in the same home as you. Do not be in the same room as them.
- **Sleep in your own room** and use a dedicated bathroom and toilet (if available).
- Keep your **door closed**. You can open your window for fresh air.
- **Avoid sharing** towels, toiletries or other household items with others in your house.
- **Wash clothes and bed linen in a separate load**, using a hot wash cycle.
- Do not use the kitchen when other people are in the room. **Eat your meal in your room**.
- Make sure you have **separate items like plates and cutlery**. Wash dishes using the dishwasher or wash well in hot soapy water.
- Regularly clean frequently touched items with a detergent or disinfectant (eg. television remotes, door knobs, light switches, bench tops). Use disposable paper towel or disposable wipes or cloths.

Self-quarantine advice

Transport

You should not be travelling when you are in self-quarantine. If you need to travel to seek medical care, wear a surgical mask. Use a personal mode of transport, such as a car, to minimise exposure to others. If you need to use public transport to seek medical care (e.g. taxi, ride-share, bus), stay at least 1.5 metres from other people, wash/sanitise your hands frequently, and wear a mask.

Monitor your symptoms

Monitor yourself for symptoms including fever, chills, cough, sore throat, runny nose, shortness of breath, or loss of taste and smell. Other symptoms may include body aches, diarrhoea, fatigue or muscle aches.

What do I do if I develop symptoms or become unwell?

Call a doctor or hospital and tell them that you are in quarantine for coronavirus (COVID-19) and that you have symptoms. Follow their instructions closely. Your GP may be able to organise for a nurse (domiciliary service) to come to your house to take a COVID-19 test.

If you are unsure what to do, call the SA COVID-19 Information Line on 1800 253 787.

If you have serious symptoms such as difficulty breathing, **call 000 (Triple Zero)** and ask for an ambulance – tell them you are in quarantine because of COVID-19.

Going outside

You can go into your private garden or courtyard by yourself. You cannot take your dog or other pets for walks outside of your property. If you live in an apartment, hotel or shared lodgings, you must avoid common areas and do not go to public parks or gardens.

Primary producers

If you are a primary producer and have been ordered to self-isolate/self-quarantine, you must remain within the boundaries of your property and avoid contact with other people. Essential travel within and between land parcels is acceptable, provided you avoid contact with any staff/contractors and visitors (e.g. stay in your vehicle with windows closed to allow contractors or deliveries to enter the property via a gate.)

Cleaning

Regularly clean objects and surfaces that are frequently touched, such as door handles, light switches, and kitchen and bathroom areas. Clean with household detergent (liquid or wipes) and if available, disinfectant (e.g. sodium hypochlorite / bleach based products).

Rubbish and waste

Dispose used personal items such as tissues, disposable masks, gloves, and other contaminated items in a rubbish bin inside your room which is lined with a plastic bag. Tie-off the plastic bag and dispose of the bag into the general household waste bin (not recycling). After handling and disposal of waste, wash hands thoroughly.

Shopping

Do not go shopping. Arrange for food and essential items to be dropped off at your door by family or friends, or use online shopping services offered by many supermarkets.

You can order food from restaurants or services that can provide home delivery. Do not interact face-to-face with people delivering your items or food.

Self-quarantine advice

Taking care of your health and wellbeing

Being in self-quarantine can be stressful, frustrating and boring. Please take care of your health and wellbeing:

- Keep in touch with family members and friends via telephone, email or social media.
- Reassure young children using age-appropriate language.
- Where possible, keep up normal daily routines that you can do while in your room, such as eating a healthy diet, getting plenty of fluids and in-room exercise if you do not have a backyard.
- If you don't have a backyard, consider finding an exercise or yoga video online (e.g. YouTube).
- Try self-care strategies and try not to rely on just one, e.g. hot cups of tea, time with your pets, getting outside in the sunshine, or reading a favourite book.
- Arrange to work from home if this option is available to you.
- Ask your child's school to supply assignments or homework by post or e-mail.
- Do things that help you relax and use isolation as an opportunity to do activities you don't usually have time for.

Mental health support

It's normal to feel stress or worry when being tested for COVID-19, and when in isolation or quarantine. Family and friends can also experience similar mental health impacts.

If you need extra support, you can contact one of the services below for support, or talk to your general practitioner (GP).

South Australia COVID-19 telephone and online supports:

- SA COVID-19 Mental Health Support Line (8.00am – 8.00pm, 7 days): [1800 632 753](tel:1800632753)
- Online chat: www.SACOVIDMentalHealth.org.au
- COVID-19 Mental Health Peer Support Line (5.00pm – 11.30pm, 7 days) [1800 022 020](tel:1800022020) (a peer support line delivered by people with lived experience of mental health)
- Online chat: www.skylight.org.au/covid-19-support-line
- ASKPEACE (9.00am – 5.00pm, Monday – Friday): [\(08\) 8245 8110](tel:0882458110) (a mental health support line for culturally and linguistically diverse people)
- Thirili: [1800 841 313](tel:1800841313) (a mental health support line for Aboriginal consumers)
- Carers SA: [1800 422 737](tel:1800422737) (for families and carers of the elderly, people with disabilities and mental illness).

Other telephone and online supports:

- Lifeline Australia: [13 11 14](tel:131114)
- Beyond Blue: [1300 224 636](tel:1300224636)
- Regional Access Program (country areas) 24/7: [1300 032 186](tel:1300032186)

For people under 25:

- Kids Helpline: [1800 551 800](tel:1800551800)
- Youth Beyond Blue: [1300 224 636](tel:1300224636)

For urgent assistance, contact the Mental Health Triage Service (24/7) on 13 14 65.

Self-quarantine advice

Accessing medicines

If you need medicines (including prescription medicines), ask a family member or friend (who is not in isolation) to deliver them to your home. Some pharmacies offer a home delivery service. Ask for deliveries to be left at your door. For more information about accessing medicines in self-quarantine, visit the SA Health website.

Hardship support

SA COVID Relief Centre

In you need emergency supplies, for example, if you cannot buy food or other essential items due to financial hardship, or do not have a safe place to stay during isolation, additional support is available. You can access this by calling the SA COVID Relief Centre on [1300 705 336](tel:1300705336).

Telecross REDi COVID-19

Specially trained Australian Red Cross staff and volunteers provides phone-based to support the wellbeing of community members. Further steps will be taken to ensure the safety and wellbeing of the person as appropriate. Community members can access the service by phone on [1800 188 071](tel:1800188071) or online at register.redcross.org.au.

Finishing your self-quarantine period

Once you have **self-quarantined for 14 days and are symptom-free**, you no longer need to self-quarantine.

You do not need to get a medical clearance certificate to return to work, school or childcare.

If you have had a COVID-19 test which has returned a negative result, **you are still required to self-quarantine until the end of your designated travel quarantine period.**

Translated information

Visit the SA Health website for a range of factsheets and resources in international language translations. Translating or interpreting services: [131 450](tel:131450)

Compliance

SA Police undertake self-quarantine compliance checks during the 14 day period.

For more information

SA COVID Information Line 1800 253 787
www.sahealth.sa.gov.au/COVID2019
Department for Health and Wellbeing
SA Health, Government of South Australia

Public-I1-A1 © Department for Health and Wellbeing, Government of South Australia. All rights reserved.

