

# COVID-19 Fact Sheet

## Self-Isolation and Self-Quarantine Advice

Please read this information carefully. It contains important information about staying well, protecting others, legal requirements and additional support, including:

What is self-isolation / self-quarantine?.....	1
How is this being monitored and enforced? .....	1
Who needs to be in self-quarantine or self-isolation? .....	2
How to self-isolate / self-quarantine .....	2
Where to self-isolate / self-quarantine .....	3
Living with other people.....	3
Transport.....	3
Monitor your symptoms .....	4
What do I do if I develop symptoms or become unwell? .....	4
Going outside .....	4
Cleaning .....	4
Rubbish and waste.....	4
Shopping .....	4
Accessing medicines.....	4
Taking care of your health and wellbeing.....	5
Finishing your self-isolation/self-quarantine period .....	5
Hardship support.....	5
Mental health support.....	6

### What is self-isolation / self-quarantine?

<b>Isolation / Self-isolation</b>	When a person has been diagnosed with COVID-19 or is suspected of having it (and doesn't need to be in hospital), including while awaiting test results, they must stay in <b>self-isolation</b> .
<b>Quarantine / Self-quarantine</b>	When a person is not sick but is required to stay away from others due to a risk of exposure to COVID-19, such as interstate or overseas travel, they must stay in <b>self-quarantine</b> .

All of these terms may be used under legal requirements under the *Emergency Management Act*, and you may be directed to remain isolated or quarantined by staff working for SA Health or SAPOL.

### How is this being monitored and enforced?

SA Police will be undertaking periodic checks on people in mandated self-quarantine or self-isolation to ensure they are complying.

# COVID-19 Fact Sheet

## Self-Isolation and Self-Quarantine Advice

### Who needs to be in self-quarantine or self-isolation?

#### Arriving from overseas

Arrivals into Australia are quarantined in their port of arrival in supervised accommodation for 14 days to ensure compliance. They are transferred directly from the airport. For more information visit the Australian Government Department of Home Affairs page [covid19.homeaffairs.gov.au](https://www.homeaffairs.gov.au/covid19).

#### Arriving from interstate

If you are arriving by road or via Adelaide airport you should complete a [cross border pre-approval form](#) available at [police.sa.gov.au](https://www.police.sa.gov.au) at least 14 days prior to your arrival.

There are some border restrictions in place that require people from some states to quarantine for 14 days on arrival. This could be in either self-quarantine or supervised accommodation, depending on the situation.

Keep up-to-date with the latest information on South Australia's border restrictions at [covid-19.sa.gov.au/emergency-declarations/cross-border-travel](https://www.covid-19.sa.gov.au/emergency-declarations/cross-border-travel).

#### People waiting for their COVID-19 test result

After a person has been tested, they must stay in self-isolation until they receive a negative result.

#### Close contact of a confirmed COVID-19 case

People who have been advised they are a close contact of a confirmed COVID-19 case must stay in self-isolation until the date provided to them by the Communicable Disease Control Branch.

#### People who have tested positive for COVID-19

When a person has been diagnosed with COVID-19 (and doesn't need to be in hospital), they must stay in self-isolation until they are cleared by the SA Health COVID-19 GP Assessment Team to leave self-isolation.

### How to self-isolate / self-quarantine

- > **You must stay at a suitable place and not leave** unless to seek urgent medical care.
- > **You must not go to public places** – this includes work, school, childcare, university, shopping centres, public parks, social or religious gatherings.
- > **You must not go shopping or to restaurants** – shop online or have family or friends deliver what you need to your door.
- > **You must 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.
- > If you must leave home to seek urgent medical care, wear a surgical mask.

# COVID-19 Fact Sheet

## Self-Isolation and Self-Quarantine Advice

### Where to self-isolate / 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 house is appropriately set up so you do not have contact with other people, 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 accommodation support for people unable to appropriately self-quarantine at home. You can also email [housingrelief@sa.gov.au](mailto:housingrelief@sa.gov.au).

### Living with other people

Others who live with you are not required to self-isolate/self-quarantine unless requested by SA Health or SA Police.

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 people living in the same home. 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** 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. Use disposable paper towel or disposable wipes or cloths.

### Transport

You should not be travelling when you are in self-isolation/self-quarantine. You need to stay at home, except in any emergency situation (including a health emergency).

If you need to travel home from the airport or to seek medical care, use a personal mode of transport, such as a car, to minimise exposure to others. If you need to use public transport (e.g. taxi, ride-share, bus), stay at least 1.5 metres from other people, wash/sanitise your hands frequently, and wear a mask.

# COVID-19 Fact Sheet

## Self-Isolation and Self-Quarantine Advice

### Monitor your symptoms

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

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

Call your GP (doctor) or hospital and tell them that you are in isolation 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 or chest pain, call 000 (Triple Zero), ask for an ambulance – tell them you are in isolation because of COVID-19.

### Going outside

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

### 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 lined with a plastic bag inside your room.

Tie-off/close 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. Most major supermarkets offer a delivery service for people in isolation. Do not interact face-to-face with people delivering your items or food.

### 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 and leave at your door. Some pharmacies offer a home delivery service. Ask for deliveries to be left at your door. Find out more in the Consumer factsheet on [Emergency supply of essential medicines and the Coronavirus](#) on the SA Health website.

# COVID-19 Fact Sheet

## Self-Isolation and Self-Quarantine Advice

### Taking care of your health and wellbeing

Being in self-isolation/self-quarantine may 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 healthy, getting plenty of fluids, and in-room exercise if you do not 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.

### Finishing your self-isolation / self-quarantine period

If you are in self-quarantine because of travel outside of South Australia, 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 are in self-isolation because you have had a COVID-19 test, you can leave self-isolation once you receive a negative result, however you should avoid contact with others while you are unwell.

If you test negative but have travelled, come into close contact with a confirmed case of COVID-19 or otherwise been directed to isolate/quarantine by the Communicable Disease Control Branch (CDCB), **you are still required to isolate/quarantine until the end of your designated travel quarantine period**, or CDCB advise you that you can be released.

### Hardship support

#### SA COVID Relief Centre

If 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 your isolation, additional support is available. You can access this by calling the SA COVID Relief Centre on 1300 705 336.

#### 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 impacted by self-isolation/self-quarantine can access the service by phone on 1800 188 071 or online at [register.redcross.org.au](https://register.redcross.org.au).

# COVID-19 Fact Sheet

## Self-Isolation and Self-Quarantine Advice

### 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.

**For urgent mental health assistance contact the Mental Health Triage Service on 13 14 65.**

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** (8am - 8pm, 7 days) 1800 632 753  
*Mental health support for South Australians. Online chat: [www.SACOVIDMentalHealth.org.au](http://www.SACOVIDMentalHealth.org.au)*
- > **ASKPEACE** (9am - 5pm, Monday - Friday) 08 8245 8110  
*Mental health support for people from culturally and linguistically diverse backgrounds*  
[www.rasa.org.au/services/all-services/askpeace](http://www.rasa.org.au/services/all-services/askpeace)
- > **Thirrili** (9am - 5pm, Monday - Friday) [www.thirrili.com.au](http://www.thirrili.com.au) 1800 841 313  
*Mental health support and services for Aboriginal and Torres Strait Islander people*
- > **Carers SA** [www.carerssa.com.au/covid-19](http://www.carerssa.com.au/covid-19) 1800 422 737  
*Support for carers of people with a disability, health condition, mental illness, or are frail*
- > **Lived Experience Telephone Support Service (LETSS)** (5pm-11.30pm, 7 days) 1800 013 755  
*Mental health peer support line [www.lets.org.au](http://www.lets.org.au)*
- > **Resource Options and Support for Carers** (9am - 5pm, Monday - Friday) 08 8245 7196  
*Supports for people caring for an adult with a mental illness [customer@ucwb.org.au](mailto:customer@ucwb.org.au)*
- > **Regional Access Program (country areas)** (24/7) 1300 032 186  
*Support for people living or working in regional South Australia*
- > **Lifeline Australia** (24/7) 13 11 14
- > **Kids Helpline** (24/7) *Support for young people aged 5 – 25* 1800 551 800
- > **Youth Beyond Blue** (24/7) *Support for young people aged 12 – 25* 1300 224 636

For further information

**SA COVID-19 Information Line: 1800 253 787**  
**Translating or interpreting services: 131 450**  
**Department for Health and Wellbeing**  
**SA Health, Government of South Australia**  
[www.sahealth.sa.gov.au/COVID2019](http://www.sahealth.sa.gov.au/COVID2019)

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



[www.ausgoal.gov.au/creative-commons](http://www.ausgoal.gov.au/creative-commons)



Government  
of South Australia

SA Health