

COVID-19 FACT SHEET

HOW TO SELF-ISOLATE AT HOME IF YOU HAVE COVID-19

STAY HOME for 7 days from the day you find out you have COVID-19.

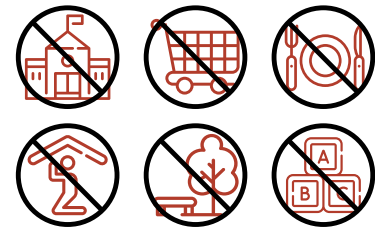
If you have symptoms, stay home until you have no symptoms or speak with your doctor.



You are only allowed to leave your home if you need urgent medical care. **Wear a mask.**



DO NOT GO OUT to public places: work, school, childcare, shopping, public parks, social or religious gatherings.



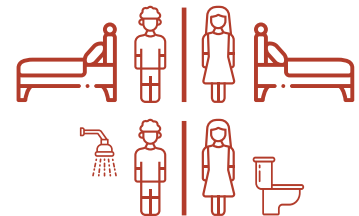
Shop online or have family/friends deliver what you need. Have items left at the door.



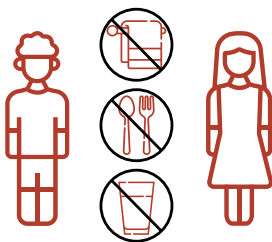
NO VISITORS are allowed at your home.



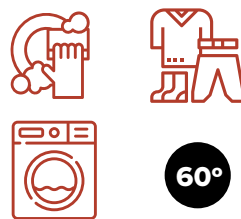
STAY AWAY from other people in your house. Use separate bedroom, bathroom (if possible), and use kitchen only when no one is there.



DO NOT SHARE towels, toiletries, forks, knives, spoons, plates, bowls or other household items with other people in your house.



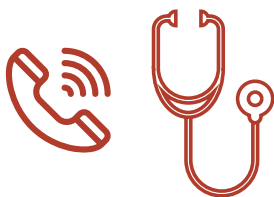
Wash your own dishes and laundry in **hot** water separate from other people's items.



Clean and disinfect commonly touched surfaces regularly (including door knobs, light switches, bench tops).



If you become sick, call your doctor or healthcare worker for advice. Tell them you are in isolation. In an emergency, **call 000.**



Keep in contact with friends and family. Call a mental health support line if you need it.

SA Aboriginal Mental Health Support and Advice Line (Thirilli)
1800 841 313
9.00am to 5.00pm, Mon to Fri



If you need emergency supplies, a safe place to stay, or health information and advice, call the **SA COVID-19 Information Line on 1800 253 787**



SA COVID-19 Information Line 1800 253 787
sahealth.sa.gov.au/AboriginalCommunitiesandCOVID-19



Government of South Australia
SA Health