

# SELF-ISOLATION VS QUARANTINE

What's the difference?

## QUARANTINE

**You are at risk** of having the Covid-19 infection but not certain you are infected.

**You have isolated yourself for 14 days and remained well.**

If you become unwell during the 14 days, testing is done- if **positive** you move into isolation phase or hospital if very unwell.

**If unwell but testing is negative, you should still stay in quarantine until 14 days is up.**

If well after 14 days, you may resume normal contact providing you stay well.

**2 weeks quarantine required for everyone returning to Australia and New Zealand from Overseas, from March 16, 2020**

## DURING QUARANTINE

**You must stay at home or in your hotel and avoid close contact with others, 1.5 meters or more. Only people who usually live with you should be in the home.**

If you are well, no need to wear a mask at home. Monitor yourself for symptoms, including fever, cough, shortness of breath.

**If you must leave home to seek medical care, wear a mask and take care not to cough or sneeze near others.**

## SOCIAL DISTANCING

We all need to keep a healthy space between us and the people around us. No hand shakes, hugs, fist pumps, high 5's or kisses. It will help keep you and the wider community safe by reducing the spreading of germs, cold, flu or Covid-19. Together, we can make a difference and help flatten the curve.

## ISOLATION

**You are Covid-19 positive**

You are well enough to be looked after at home

**You may come out of isolation if ALL of the following apply...**

It is more than **7 days** since you became unwell

**At least 2 days with no fever.**

At least 1 day of feeling better/ having no symptoms

**You have 2 tests 24 hours apart that are both negative**

Please take care post isolation. It seems highly unlikely you will be reinfected, but best to avoid another infection so soon after having Covid-19

## DURING ISOLATION

Only the people essential for caring for you should stay in the same household as they will need to self-isolate too. **Elderly or the immune compromised** should stay away.

**You must avoid contact with people in the same household. Stay in a separate room and ensure those entering your room wear a mask.**

Surfaces in shared areas such as door handles, taps or benches should be disinfected daily.

**Call 000 immediately if any household members have difficulty breathing or are seriously unwell- and alert them to your travel/ contact history**