

Self-isolating when Affected by COVID-19



1 YOU MUST SELF-ISOLATE

- When tested positive for COVID-19
- If you are a close contact of a person with COVID-19 and awaiting results

- If you are a casual contact and awaiting your test results (even if fully vaccinated)
- Have any COVID-19 symptoms and awaiting test result (even if fully vaccinated)



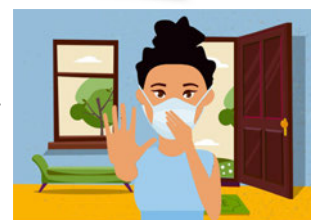
COPING TIPS 2

- Do a DAILY ROUTINE
- STAY IN TOUCH
- SET AN ENJOYABLE EXERCISE ROUTINE
- EAT HEALTHY
- WELL-BEING PROGRAMS
- SEEK SUPPORT



3 DON'T LEAVE THE PLACE OF RESIDENCE

LEAVING HOME - only leave home to get a COVID-19 test, medical care or in an emergency.



4 COMPLY WITH SELF-ISOLATION RULES

TRAVEL- travel by private vehicle, bike ride or walk. Call the Isolation Support Line on 1800 943 553 if you need transport.

Failure to adhere to the NSW Health advice may result in a penalty.

NSW Health will inform you of your specific self-isolation requirements.



6 MONITOR YOUR HEALTH DAILY

Don't wait till symptoms worsen, Call 000 if life in danger.

5 COVID-19 POSITIVE SELF-ISOLATION

- Diagnosed cases must take practical steps to notify:
 - Employer
 - Any people they live with
 - Social contacts
 - Education provider
- Person conducting a business to notify SafeWork NSW if they become aware a worker was diagnosed with COVID-19
- Keep up to date with the rules and exemptions in place

7 YOU CANNOT SELF-ISOLATE AT HOME

- Special Health Accommodation is Free and caters for those who cannot self-isolate at home
- 24-hour care is provided, 7 days a week. Call Public Health Unit 1300 066 055
- Services include Meals, WiFi, TV, cleaning, and laundry services



8 PRACTISE STRICT HYGIENE

9 ISOLATING WITH OTHERS

- Family in the same house may be appropriate provided you understand there is an increased risk of infection, and they may need to test and isolate
- You must avoid all physical contact from others if living in the same house

