



Home isolation guidance for those who are well

There is an outbreak of novel coronavirus (2019-nCoV) in mainland China.

Who needs to self-isolation at home?

To help limit the spread of the coronavirus, people should isolate themselves in the following circumstances:

- If they have left Hubei Province less than 14 days ago, they must isolate themselves until 14 days after they left Hubei.
- If they have left, or transited through, mainland China **on or after 1 February 2020**, they must isolate themselves until 14 days after leaving mainland China.
- If they have been identified as a close contact of a confirmed case of coronavirus, they must isolate themselves for 14 days after their last contact with the confirmed case.

The following guidelines apply to anyone who requires to be in home isolation or equivalent.

Stay at home

Wherever possible, if you need to travel to your location for self-isolation (for example, traveling from the airport), you are advised to use a personal mode of transport, such as a car, to minimise exposure to others. If you need to use public transport (e.g. taxis, ride-hail services, trains, buses and trams), follow the precautions outlined in the public transport guide at <https://www.health.gov.au/health-topics/novel-coronavirus-2019-ncov#resources>

While in home isolation, you should not attend public places, including work, school, childcare or university. Only people who usually live in the household should be in the home. Do not see visitors.

There is no need to wear masks at home if you remain well. Where possible, get others, who are not required to be isolated to get food or necessities for you. If you must leave home, such as to seek medical care, wear a surgical mask if you have one. If you don't have a mask, take care to not cough or sneeze on others. Practice good hand hygiene. Aerate your room if possible by opening windows to allow fresh air into the room.

Monitor symptoms

When in isolation, monitor yourself for symptoms including fever, cough or shortness of breath. Other early symptoms to watch for are chills, body aches, sore throat, runny nose, and muscle pain.

What do I do if I get sick?

If you develop mild symptoms:

- Isolate yourself from others at home in a specific room and use a separate bathroom if available;
- Put on a mask if you have one

- Practice good hand hygiene
- Practice good sneeze/cough hygiene if you don't have a mask; and
- Call a doctor or hospital and tell them your recent travel or close contact history.

If you have serious symptoms such as difficulty breathing:

- Call 000, ask for an ambulance and notify the officers of your recent travel or close contact history.

Personal hygiene

Practising good hand hygiene and sneeze/cough hygiene is the best defence against most viruses. You should:

- wash your hands frequently with soap and water, before eating, and after attending the toilet;
- avoid contact with others (including touching, kissing, hugging, and other intimate contact); and
- cover your cough and sneeze.

If you have symptoms, put on a mask (if you have one) while in the presence of others in the household.

Advice for others in the household

Other members of the household are not required to be isolated unless they meet one of the criteria for self-isolation outlined above. If you develop symptoms and are suspected to have novel coronavirus, members of the household will be classified as close contacts and will need to be isolated.

Going outside

If you live in a private house, then it is safe for you to go outside into your garden or courtyard. If you live in an apartment, it is also safe for you to go outside into the garden but you should wear a mask to minimise risk to others. You should move quickly through any common areas and wear a mask. It is safe to go onto your balcony if you have one.

Cleaning

There are no special cleaning requirements. However, if you or others in your home need to clean, wear gloves while cleaning, and use alcohol hand rub before and after wearing gloves. Surfaces which are touched regularly, such as door handles, kitchen and bathroom areas and phones, should be cleaned frequently using detergent and water or a detergent-based cleaner.

Keeping spirits up while in home isolation

Being in isolation can be stressful. Suggestions include:

- Keep in touch with family members and friends via telephone, email or social media;
- Learn more about coronavirus and talk with others. Understanding coronavirus will reduce anxiety;
- Reassure young children using age-appropriate language;
- Where possible, keep up normal daily routines, such as eating and exercise. Exercise is a proven treatment for stress and depression;
- Reflect on your resilience and on how you have coped with difficult situations in the past. Remember that isolation won't be for long.

Reducing boredom during isolation

Being isolated at home can cause boredom and stress. Suggestions include:

- Arrange with your employer to work from home, if possible;
- Ask your child's school to supply assignments or homework by post or email;
- Treat quarantine as an opportunity to do activities that help you relax.

Where can I get more information?

For the latest advice, information and resources, go to the Australian Government Department of Health website at www.health.gov.au. You will find information on novel coronavirus symptoms and preventing the spread.

Call the National Coronavirus Health Information Line on 1800 020 080. The line operates 24 hours a day, seven days a week. If you require translating or interpreting services, call 131 450.

The telephone number of your state or territory public health agency is available on the coronavirus page at www.health.gov.au/state-territory-contacts.

If you have concerns about your health, speak to your doctor.