

Australian Government

**Department of Health** 

# What to do if someone you live with has COVID-19



# When you live with someone who has COVID-19



You might share your home with other people.

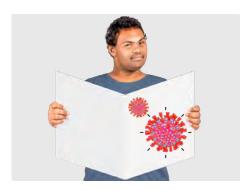


#### This could be

- Family members
- Your partner
- Friends
- Flat mates



If someone you live with has COVID-19 it is easy for you to get it from them.



This info tells you what you can do to stay safe.

### Can you leave the house?



Most people can leave the house if they live with someone who has COVID-19.



There are different rules for what you can do when you go outside.



You need to check the rules for your state or territory.

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To find the rules for where you live go to

www.health.gov.au/health-alerts/covid-19/ restrictions-and-lockdowns#state-andterritory-restrictions

### Tips for inside your home



There are some things you can do to stay safe from COVID-19 inside your home.



If someone you live with has COVID-19 they must isolate.



**Isolate** means to stay at home away from other people for 7 days.



They should stay in 1 room as much as they can.



You should not go into that room.



They should use a different bathroom if they can.



If there is only 1 bathroom they should clean it every time they use it.



You should not share things like

- Cups or glasses
- Towels
- Bed sheets.



Only use the common areas of the house if they are not in there.

**Common areas** are parts of the house everyone uses like the kitchen or living room.



You should wear a mask in

- The common areas
- The bathroom if you share it with them



You should clean the common areas often.



You should also clean things you share with others often.

This could be things like

- Toaster or kettle
- Fridge
- Remote control for the TV



You should open the windows in your house a lot to let fresh air in.

# **Getting tested for COVID-19**



You should get tested if you think you also have COVID-19.



These are some of the signs that you might have COVID-19

- Fever
- A cough that does not go away
- Feeling tired
- You cannot smell or taste things



RULES

It is different in each state or territory if you

- Can do a COVID-19 test at home
- Have to go to a testing place

To find out what the rules in your state or territory are go to **www.healthdirect.gov.au**/ **covid-19/state-and-territory-information** 

# If the person with COVID-19 gets very sick



If the person with COVID-19 gets very sick you need to get them help.



Signs that they are very sick can be

- They find it hard to breathe
- Their chest hurts



Call **000** if the person has these signs.



Tell the person on the phone and the ambulance that the person has COVID-19.

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If you are not sure if the person needs a doctor you can check online.

Go to COVID-19 Symptom Checker www.healthdirect.gov.au/symptomchecker/tool



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