How do I self-isolate?

Stay in your home
No work, school, shopping, visiting public places, or catching public transport.
*You can leave home to seek medical care or in an emergency.

If you live with other people
• Isolate in a room away from other people you live with
• Don’t share a room or bathroom, if possible
• Keep your distance
• Wear a mask in the same room as others (even if they are also in isolation)
• Don’t share household items like towels, bedding or dishes. Wash after use.

No visitors
Use soap or hand sanitiser.

Wash your hands often
Keep up a normal routine
Exercise regularly at home.

Cover coughs and sneezes
Stay connected over the phone or online

Clean surfaces you touch often
Seek support from a counsellor 24/7
Lifeline
13 11 14
lifeline.org.au
Beyond Blue
1800 512 348
coronavirus.beyondblue.org.au

Monitor symptoms
Still have questions?
Call Triple Zero (000) if symptoms become serious (e.g. you can’t breathe properly).

National Coronavirus Helpline
1800 020 080 (24-hour help line)

KEEP OUR MOB SAFE
For more information visit nsw.gov.au