

Changes have been made to the self-isolation period for people with COVID-19. You must self-isolate for 7 days from the day you were tested. You can only leave self-isolation after 7 days if you do not have a sore throat, runny nose, cough or shortness of breath.

You will receive an SMS from NSW Health after 7 days but you do not have to wait for this SMS to leave self-isolation if it has been 7 days since you were tested.

If you have a sore throat, runny nose, cough or shortness of breath in the 24 hours before your 7 days is finished, please call the NSW Care at Home Support Line on 1800 960 933. If you need an interpreter, please call 131 450

If you are under the care of a NSW Health clinical team, your team will tell you when you will be released from isolation.

More info:

<https://www.health.nsw.gov.au/Infectious/factsheets/Pages/recovery.aspx>