

When do I need to isolate?

Isolation means you must stay in a separate room or space at home and follow the public health advice.

Do you have COVID-19 symptoms?

Yes

Keep a safe distance from people in your home.
Go to your local COVID-19 testing clinic and get tested.
Call (don't visit) your GP and ask for advice if you feel very unwell.

No

Practise physical distancing and good hygiene.

Have you returned from overseas?

Yes

You must quarantine in a hotel for 14 days.

No

Practise physical distancing and good hygiene.

Have you been in close contact with someone who has COVID-19?

Yes

You must get tested for COVID-19 immediately.
You must isolate at home or another suitable place for 14 days.
Please ask the following people to get tested and isolate until they get a negative test result:

- everyone you share your home with
- everyone you have spent significant time with during the last 3 days.

If you have had contact with a healthcare worker, please get them to speak to their manager.

No

Practise physical distancing and good hygiene.

Have you been tested for COVID-19?

Yes

You must isolate at home until you get your test result.

No

Practise physical distancing and good hygiene.

Is your test for COVID-19 positive?

Yes

Stay in isolation. Your doctor or PHU will contact you to notify you of the POSITIVE result, explain what happens next, and help identify your close contacts.

If your symptoms are mild and you can safely isolate, you may be able to stay at home.
Your doctor or PHU can help with supporting you.

You must call ahead if you are going to visit your local hospital and tell them you have COVID-19.
In a health emergency call 000 for an ambulance.
To speak to a nurse about your symptoms, you can call 1800 020 080 for free, 24/7.

No

If your test is negative for COVID-19, but you still have symptoms, stay home until you are well for 24 hours.

If your test is negative for COVID-19 AND you are a returned traveller or a close contact, stay home until your 14 days of isolation is complete and you are well for 24 hours.

Everyone should practise physical distancing and good hygiene, even when your isolation is complete.