

How to self-isolate

If you are self-isolating, you cannot leave your home for any reason except to get a COVID-19 test or in an emergency.

COVID-19 vaccinations can take place once your self-isolation period is complete.

HOME ISOLATION

- **Wash your hands often** or use hand sanitizer.
- **Wear a mask** in common areas.
- **Stay in one room** away from other people you live with.
- **Do not share a room** with anyone you live with.
- **Avoid shared spaces**, like the kitchen or living areas.
- **Clean places** you touch often.
- Use a **separate bathroom** if available, and have **separate towels**.
- **Don't have visitors** to the home.
- **Keep up a normal routine** as much as possible - exercise regularly at home.
- **Stay connected and look after yourself** - ask a friend or family member to be on call.



If you cannot self-isolate

The Delta strain of COVID-19 is much more likely to spread than previous strains we have experienced. Because of this, it is important to stay isolated away from everyone you live with.

If this isn't possible, please call the NSW Health Isolation Support Line on **1800 943 553**.

They will help you, or your household, find another place where you can stay while you self-isolate.

Free services are available across New South Wales to make sure you can safely self-isolate to protect your loved ones.

Being isolated from your loved ones can be hard, but it means you can safely return to your home knowing you won't spread COVID-19.

Remember you can always contact your GP if you need help or have any questions.

If you become sicker, you may need to go to Hospital

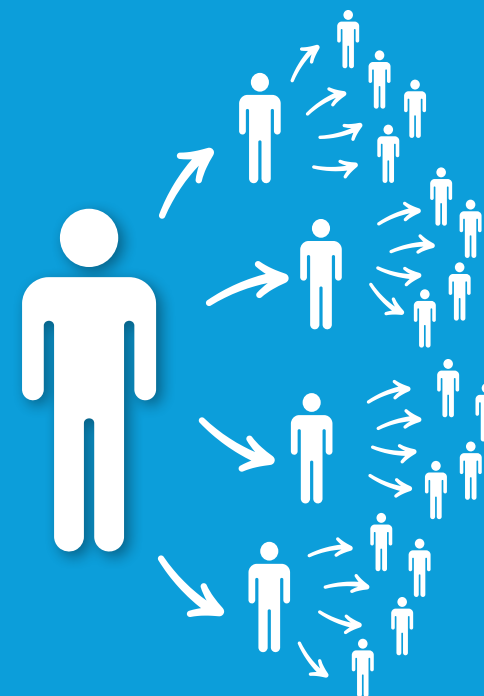
In a health emergency call **Triple Zero (000)** for an ambulance.

To speak to a nurse or doctor, call **1800 020 080** for free 24/7

COVID-19

Contacts, testing and self-isolation

WHAT TO EXPECT



The COVID-19 Delta variant is spreading faster than previous variants of COVID-19 and could hurt our community.

This brochure explains the meaning of close contact and casual contact. It also explains what you are required to do when told you are any of these and also describes how to self-isolate.

Close contact

WHAT IS IT?

A close contact is someone who has been near a person with COVID-19.

You will know you are a close contact if you have been contacted by an authorised contact tracer or if you find out you have been to a close contact venue. A close contact venue is a place that has been visited by a person while they were infectious with COVID-19.

WHAT DO YOU DO?

If you are fully vaccinated:

Get tested immediately and self-isolate for 7 days after your last contact with the COVID-19 positive person. If you live with the COVID-19 positive person, count days from the day they received a positive result.

On day 6 get tested again. If you are well and the test is negative, you can end isolation after day 7. For the following 7 days, work from home where practicable, do not attend hospitality settings or a high risk setting even if it is your place of work. Get another test on day 12.

If you are not fully vaccinated:

Get tested immediately and self-isolate for 14 days after your last contact with the COVID-19 positive person. If you live with the COVID-19 positive person, count days from the day they received a positive result.

On day 12 get tested again. If you are well and the test is negative, you can end isolation after day 14.

If you live with someone who works in healthcare, aged care, disability or correctional facilities, it is important that they speak to their employer about returning to work.

Casual contact

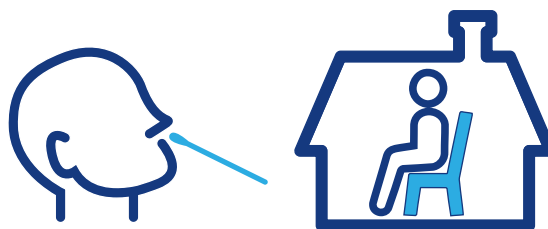
WHAT IS IT?

A casual contact is someone who has been near a person with COVID-19 but who is at lower risk of getting COVID-19 than a close contact.

You will know you are a casual contact if you have been contacted by NSW Health, your workplace or another organisation.

WHAT DO YOU DO?

If you are a casual contact you must get tested immediately and self-isolate until you get a negative test result.



WHAT TO EXPECT IF YOU ARE POSITIVE

It is very important to tell contact tracers everywhere you have been and anyone you have been in contact with. This information is kept private and helps stop the spread of COVID-19 into other families, homes and communities.

IF YOU TEST COVID-19 POSITIVE

You will get an **SMS** from NSW Health and be asked to answer two questions via a form. You will then get a phone call from your local health service for support. They will ask you questions about your health and give advice about what to do next.

All information shared by you is private and confidential.

What questions will I be asked?

You will be asked about:

- Your health and symptoms
- Who you have seen recently
If these people are “close contacts” they will also be contacted
- If you have travelled recently
- If you need any support while self-isolating – this may include housing, food, financial services, mental health services, family and children services and disability services.

NOTE: NSW Health phone calls show as private numbers. Please pick up private calls when waiting to hear back about test results.

