



Self-isolation in Western Australia to prevent the spread of COVID-19

Information for travellers going home, close-contacts and those tested for COVID-19

If any of the situations described below apply to you, you must self-isolate under section 67 of the *Emergency Management Act 2005 (WA)*. This is important to protect your family, friends and the Western Australian community.

Travellers directed to accommodation provided by the WA government will be given specific information on arrival at their allocated location.

Who needs to self-isolate, for how long and where?

1) People arriving into Western Australia (WA)

People arriving in WA (by air, sea, rail or road) must self-isolate for 14 days from arrival **UNLESS** an exemption from self-isolation applies (only very limited circumstances). If they remain well, they may return to their normal activities on day 15.

- **Overseas arrivals:** People entering WA from overseas will be directed to mandatory self-isolation in accommodation provided by the WA government, and given information on mandatory self-isolation.
- **Interstate arrivals:** People will be directed to mandatory self-isolation in accommodation provided by the WA government or in their own home or in other suitable accommodation.

2) People travelling to a designated area within WA

People travelling to a designated area (including the Kimberley region, the Shire of Ngaanyatjaraku and parts of the Shire of East Pilbara) must self-isolate for 14 days prior to arrival in the designated area **UNLESS** an exemption to self-isolation applies. For more information see the [Kimberley travel restriction FAQs](#).

3) People who have been tested for COVID-19

People who have been tested for COVID-19 must self-isolate in their own home (or other suitable accommodation) until their test results are available:

- If a person's test results are negative and symptoms have resolved, they can return to normal activities **UNLESS** the person was already in self-isolation because they are a close contact or returned traveller. In the latter cases, the person would still need to complete their original 14 days of self-isolation.
- If the results are negative but the person is still unwell, they should remain at home or in other suitable accommodation until their symptoms have resolved. All respiratory infections are contagious, and it is important for people not to attend work or school until they have recovered from their acute illness. This is particularly important for people who work with high-risk groups including health care workers, aged care/residential care workers, disability support officers or police officers.
- If a person's results are positive, they will become a confirmed case of COVID-19 and must continue to self-isolate as per the information provided below at (5).

4) Close contacts of a confirmed COVID-19 case

People who are close contacts of confirmed cases must self-isolate in their own home or other suitable accommodation for 14 days since their last contact with the positive case. If they remain well, they may return to their normal activities on day 15.

5) Confirmed cases of COVID-19

People who are confirmed cases of COVID-19 must self-isolate until they recover and are cleared by the Department of Health to resume their normal activities (they will receive a formal letter of clearance from the disease). If the person is well enough they can carry out their self-isolation in their home or other suitable accommodation. For more information see the [fact sheet for confirmed cases](#).

What does self-isolation mean for you, your family or other people you live with?

If you have been identified as someone who needs to self-isolate, you must immediately go to your home, hotel room, or other accommodation and self-isolate for 14 days even if you are perfectly well with no symptoms. You must not go to the shops, walk the dog or undertake exercise in a public or communal place.

If you are at home, only people who usually live in your household should be with you. You should minimise close contact with them by avoiding situations where you have face-to-face contact closer than 1.5 metres. Cough etiquette should be adhered to (see WHO link [here](#)). You should stay in an area of the home away from others (preferably with your own bathroom, living and sleeping area) to protect other household members.

You should not share dishes, drinking glasses, cups, eating utensils, towels, pillows or other items with other people in your home. After using these items, you should wash them thoroughly with soap/detergent and warm water or place them in the dishwasher for cleaning. You should ensure that high touch surfaces such as phones, light switches TV remote, door handles and communal areas such as kitchen, bathroom, are cleaned regularly with household detergents or disinfectant. You should wash your hands before and after meals, and after toileting. If you are in a hotel you must stay in your room and must not use any of the hotel facilities. If your accommodation has a private garden or private balcony you may use these areas. During your period of self-isolation, you should not allow any visitors into your home, hotel room or other accommodation.

If you develop symptoms and become a confirmed COVID-19 case your family may need to self-isolate. Your Public Health Unit will advise you.

What to do if you become unwell while you are in self- isolation

If you require urgent medical assistance (e.g. you are experiencing difficulty breathing) call 000 and let them know you are in self-isolation due to COVID-19.

If you become unwell with COVID symptoms such as a cough, sore throat or fever, you should present for testing as soon as possible. You are permitted to leave your home to undergo testing or to receive medical treatment.

You can attend your nearest COVID Clinic or GP Respiratory clinic, or you can be tested at selected private pathology collection centres if you have a GP referral. For locations visit our [HealthyWA](#) webpage.

People seeking testing in regional areas where there is no COVID clinic, should go to a public hospital, health service or remote health clinic.

If you are attending a COVID clinic you do not need to phone ahead. If you are attending any other testing facility, make sure you call ahead to let them know you have been in self-isolation and have symptoms suggestive of COVID-19.

You should go directly to the testing location by private car from your place of residence. Wear a mask if you have one available, maintain a distance of 1.5m from others, and practise good hand hygiene and cough etiquette. Return home immediately following testing and continue to self-isolate.

How to manage while in self-isolation

Ask your family/friends/others for assistance, such as to obtain groceries or replace medication. You may also consider using on-line shopping to order groceries and contacting your local pharmacy directly to organise supply of regular medication. Ask people making deliveries to your home/accommodation to leave the items at the door or in your letterbox. If you are unable to access food, medication or other essential items via family, friends or on-line shopping, you can contact the Department of Communities on 1800 032 965 for assistance.

Medical and welfare assistance for people in self-isolation

- If you need **welfare** assistance (e.g. food, medication, other essential items) phone Department of Communities on 1800 032 965
- If you need **emergency dental** assistance phone 0429 441 162
- If you need **mental health** assistance phone Beyond Blue on 1300 224 636
- If you need urgent assistance and accommodation support related to **family domestic violence** please call Crisis Care on (08) 9222 1111 or 1800 100 008
- If you need advice, information or support whilst dealing with sexual, domestic or family violence call 1800RESPECT or visit their [website](#)
- If you need **emergency medical** assistance phone 000
- For **other medical** assistance contact your General Practitioner (GP). If your GP is not able to assist, contact an after-hours GP Telehealth service

If you do not require urgent medical assistance, you should contact your General Practitioner (GP) in the first instance. If your GP is not able to help, you can contact an after-hours GP telehealth service

After Hours Home Doctor*	1300 378 663	https://www.afterhourshomedoctorwa.com.au
Dial-A-Doctor*	1300 030 030	https://www.dial-a-doctor.com.au/perth/
DoctorDoctor	13 26 60	https://www.doctordoctor.com.au/
Get Better	1800 238 837	https://www.getbetter.com.au/
Home Doctor*	137425	https://homedoctor.com.au/locations/perth
Night Doctor	1300 644 483	https://nightdr.com.au/
Perth Home GP*#	1300 815 321	https://perthhomegp.com.au/
WA After Hours Doctor*	1300 300 362	http://www.waafterhoursdoctor.com.au/
WADMS#	(08) 93219133	http://wadms.org.au/

* service available for both metro and regional WA

service also available for day time consultations

- For other queries contact the 13 COVID (132 6843) phone line.

Work requirements and self-isolation

You can work from home, but you are not permitted to enter your workplace while under self-isolation. You are encouraged to discuss your circumstances with your employer on how to manage your work commitments.

It is not possible to obtain a “medical clearance” for COVID-19 unless you are a confirmed case of COVID-19. Workplaces are advised that people under self-isolation do not require a medical certificate while they are in home isolation.

Implications for people who do not comply with the requirement to self-isolate

The WA government takes the health and wellbeing of the community very seriously. [Directions](#) under the Emergency Management Act 2005 have been issued which must be followed. A person who does not comply with the directions is subject to a fine of up to \$50,000 for individuals and \$250,000 for bodies corporate.

We acknowledge that self-isolation is an inconvenience, however, these measures are required to stop the spread of COVID-19.

We thank you for your cooperation.

Websites where you can find more information

www.health.wa.gov.au/coronavirus

www.healthywa.wa.gov.au/coronavirus

www.who.int/health-topics/coronavirus

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This document can be made available in alternative formats on request for a person with disability.

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