



# Self-isolation and testing for COVID-19

**You have been identified as someone who requires self-isolation and testing to prevent the spread of COVID-19 (novel coronavirus).**

**Self-isolation is important for protecting your family, friends and the Western Australian community**

This is because you:

- have fever or acute respiratory symptoms, and
- you are in a higher risk group for COVID-19.

## What does self-isolation mean?

Self-isolation means you must stay in your home, hotel room, or other accommodation. 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. 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. During this time, you should not allow visitors into your home, hotel room or accommodation. You are asked not to leave your property – not to go to the shops, walk the dog or undertake exercise. If you live in a private house or apartment you can go into your own garden or onto your own balcony.

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 need to be tested for COVID-19

You should attend your nearest COVID-19 clinic ([https://healthywa.wa.gov.au/Articles/A\\_E/COVID-clinics](https://healthywa.wa.gov.au/Articles/A_E/COVID-clinics)). If you are in a regional area, you should go to a public hospital, health service or remote health clinic. Call ahead and let them know you are in self-isolation due to COVID-19. Go directly to the testing location from your place of residence and return immediately home. You should remain in self-isolation until a test result is received.

Other household residents can undertake their normal activities while you are waiting for your test result.

## What happens if your COVID-19 test is negative

If you are required to be in self-isolation due to recent travel or because you are a close contact of a case, and your test result is negative, you will be required to remain in self-isolation until your 14-day period is up. You can resume normal activities on day 15. If you are still unwell, please contact your GP to consider other causes for your illness. If you are not already required to be in self-isolation, and you have a negative test result, maintain social distancing and high attention to hygiene until you are well.

## What happens if your COVID-19 test is positive

If you have a positive COVID-19 test result, you are to remain in self-isolation until you recover and are cleared by the Department of Health to resume your normal activities. An interview will be conducted to determine if you have been in close contact with others in your household or outside your home, while you were infectious, as these close contacts need to self-isolate for 14 days. If close contacts then become unwell, they must follow the steps above.

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

The government of Western Australia takes the health and wellbeing of the community very seriously. The WA government has issued directions under the *Emergency Management Act 2005* which have to be followed (<https://www.wa.gov.au/government/document-collections/coronavirus-covid-19-state-of-emergency-declarations>). A person who does not comply with the direction is subject to a fine of up to \$50,000 for individuals and \$250,000 for bodies corporate.

## What does this mean for your family or other people you live with?

Other people who live in your home do not need to self-isolate and can go about their usual activities provided the above precautions are followed. If possible, they should avoid being in the same room as you. If any of your contacts become unwell or develop symptoms, they will need to contact their doctor for advice.

## Work requirements and self-isolation

You can work from home, but you are not permitted to enter your workplace while under self-isolation.

Workplaces are advised that people under self-isolation do not require a medical certificate while they are in self-isolation. You are encouraged to discuss your circumstances with your employer on how to manage your work commitments.

## How to manage while in home 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 during home isolation via family, friends or on-line shopping, contact 1800 032 965.

## Protecting others

You need to take extra care not to spread infection to others. If you are near other people, such as when you travel home to your accommodation, or when you travel to have your test taken, you should wear a mask. It is best to use a private vehicle. Do not use public transport, do not use taxi or ride share services. Take extra care to practise good hand and sneeze/cough hygiene while you are in isolation.

## What to do if your symptoms worsen

If you require urgent medical assistance call 000 and let them know you have been in self-isolation due to COVID-19.

If your symptoms worsen, contact your doctor for advice. Let them know you are in self-isolation due to suspected COVID-19 infection. Phone ahead if you are going to a doctor or hospital emergency department as you will need to be kept away from other people.

We acknowledge that self-isolation is an inconvenience, however, these measures are required to stop the spread of COVID-19. The Department of Health will request that relevant authorities investigate people who do not comply with home isolation.

### **Websites where you can find more information**

[health.wa.gov.au/coronavirus](https://health.wa.gov.au/coronavirus)

[healthywa.wa.gov.au/coronavirus](https://healthywa.wa.gov.au/coronavirus)

[www.who.int/health-topics/coronavirus](https://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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