



How do I isolate safely?

Advice for cases and close contacts

Requirements

When you isolate, you must stay at your home or other accommodation; you must not have visitors. This is a legal requirement.

You can leave isolation to:

- Seek urgent medical care
- Escape an immediate threat to your safety.
- Travel home (if away) or to an alternative premise to complete your isolation if it is necessary to do so.

If you are isolating because you are a close contact, you may also leave to:

- Get a COVID-19 test at a testing clinic
- Get a COVID-19 vaccination (if you do not have symptoms)
- Collect your methadone or buprenorphine medication from a pharmacy (if you do not have symptoms)
- Obtain a rapid antigen test (RAT)

You must be able to comply with all legal requirements when leaving your isolation accommodation for any of the above reasons. This includes wearing a mask at all times; travelling by the most direct route; staying 1.5m from others where possible and not using public transport. You can walk, cycle, use your own private vehicle or ride in the back of a taxi or rideshare vehicle.

To protect others in your household you must:

- Cover your cough or sneeze with your inner elbow or a tissue. Throw used tissues in the bin and wash and sanitise hands afterwards.
- Wash hands often with soap and running water (for at least 20 seconds) or use an alcohol-based hand sanitiser.
- Wear a face mask at all times if you need to leave your home (e.g. to get a COVID test or to seek urgent medical attention), until you return home again.

Protect the people you live/share accommodation with

Minimise contact

- Stay and sleep in a separate room.
- Avoid contact with others while using bathroom or kitchen facilities
 - Wear a mask and stay at least 1.5m from others
 - Clean surfaces when finished
- Avoid other common areas (e.g. dining room or lounge room).
- Avoid any other contact (including touching, kissing, hugging and intimate contact).

Caring for others

If you are the parent of young children or provide care for someone you are living with, it may not be possible to meet all the recommendations to minimise contact. It is important to try and attempt what is practical and safe. For example, always wear a mask while caring for others in your household.

Living with people who are at greater risk of serious illness

Take extra care to remain separate from any members of your household who are elderly, immunocompromised or have medical conditions such as heart, lung or kidney problems.

Remember, if using shared bathroom or kitchen facilities, wear a mask and stay at least 1.5m from others. Minimise your time in the shared facilities and clean surfaces when finished with detergent and disinfectant.

General advice to stay safe

- Clean shared surfaces often (such as tabletops, doorknobs, and bathroom fixtures) with detergent and disinfectant.
- Wash kitchen utensils in the dishwasher or thoroughly with hot soapy water after you have used them.
- Wear a mask in shared areas or when caring for other members of your household.
- Handle your own laundry and use the hottest setting available on the washing machine.
- Open doors and windows to let fresh air in if safe to do so and weather permits.

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

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