



# Self-isolation information for confirmed cases of COVID-19 in Western Australia

While some people who are diagnosed with COVID-19 will need to be managed in hospital, most people will have mild illness and can be managed at home in isolation.

If you need to seek medical care whilst in self-quarantine you must contact 1300 316 555 (8am-5pm, 7 days a week) for advice. You can leave your home because of an emergency. Wear a surgical mask when going out.

## Can I go to work or school? Can I have visitors?

No. Home isolation means you must stay at your home or hotel and restrict your normal activities.

You cannot go to work, school, childcare, university, recreation facilities, or public areas, or go shopping.

You should not allow people who do not have an essential need to be in the home to visit while you are in isolation.

## Can I go into the garden or go for a walk?

You can go into your private garden or courtyard or onto your private balcony if you have one.

You cannot leave your home unless it is to seek medical care or because of an emergency.

## Separate yourself from the other people in your home

If you are sharing your home with others you should, as much as possible:

- remain separated from others
- wear a surgical mask when you are in the same room as another person
- use a separate bathroom, if available
- avoid shared or communal areas and wear a surgical mask when moving through these areas
- if you must share a room, do not do so with people who are at risk of severe disease, such as elderly people and those who have heart, lung or kidney conditions, and diabetes.

## Cover coughs and sneezes

You should cover your mouth and nose with a tissue when you cough or sneeze, or cough or sneeze into your sleeve or elbow. Used tissues should be placed in a bin, and hands immediately washed with soap and water for at least 20 seconds.

## Wash your hands

Avoid touching your eyes, nose, and mouth with unwashed hands. You should wash your hands often and thoroughly with soap and water for at least 20 seconds. You can use an alcohol-based hand sanitiser if your hands are not visibly dirty. Ensure you wash your hands or use a hand sanitiser:

- before entering an area where there are other people
- before touching things used by other people

- after using the bathroom
- after coughing or sneezing
- before putting on, and after removing, gloves and masks.

## **Avoid sharing household items**

You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water or use a dishwasher/washing machine.

## **Do I need to be tested before leaving isolation?**

You will be monitored by the Public Health Operations team who will provide you with a clearance certificate when you no longer need to self-isolate.

## **Prevention steps for caregivers and household members of confirmed cases**

Only people who are essential for providing care to you should be in the home, if possible.

Caregivers and household members should follow the below advice to reduce their risk of infection.

### **Wear a surgical mask**

Wear a surgical mask and disposable gloves when you are in the same room as the person with confirmed infection, or when you touch or have contact with the person's blood, body fluids and/or secretions, such as sweat, saliva, sputum, nasal mucus, vomit, urine, or diarrhoea.

- Make sure your mask always covers your nose and mouth
- Throw out disposable surgical masks and disposable gloves after use
- Wash your hands immediately after removing the surgical mask and gloves.

### **Clean household surfaces**

Clean all "high-touch" surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, at least once a day wearing disposable gloves. Also, clean any surfaces that may have blood, body fluids and/or secretions or excretions on them.

- Read labels of cleaning products and follow recommendations on product labels. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves or aprons and making sure the areas is well ventilated when using the product.
- Use a household disinfectant or a diluted bleach solution on hard surfaces. To make a bleach solution at home, add 1 tablespoon of bleach to 4 cups of water.
- Wear a surgical mask and disposable gloves while handling soiled items. Wash your hands immediately after removing gloves and masks.
- Wash laundry thoroughly
- Immediately remove and wash clothes or bedding that have blood, body fluids and/or secretions or excretions on them.
- Read and follow directions on labels of laundry or clothing items and detergent. In general, wash and dry with the warmest temperatures recommended on the clothing label.
- Dishes should be washed in a dishwasher where possible

## Dispose of contaminated items

Place all used disposable gloves, surgical masks, and other contaminated items in a lined waste bin before disposing of them with household waste. Wash your hands immediately after handling these items.

## Monitor symptoms

If it is a medical emergency call 000 and explain why you are in self-quarantine.

If you are a caregiver or household member and you become unwell with symptoms of COVID-19 such as a cough, sore throat or fever whilst in self-quarantine you must contact 1300 316 555 (8am-5pm, 7 days a week) to report that you are unwell as soon as possible for advice. Let them know why you are in self-quarantine. You are not permitted to leave your home until you have contacted this number and have been directed by a responsible office to do so. If you are directed to attend a COVID-19 clinic for testing, you do not need to phone ahead.

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 1.5 metres from others, and practice good hand hygiene and cough etiquette. Return home immediately following testing and self-isolate.

## Tips for you and your family to help cope with home isolation

Being in home isolation can be frightening, particularly for young children. Here are some tips for coping:

- Talk to the other members of the family about COVID-19 to reduce anxiety.
- Reassure young children using age-appropriate language.
- Keep up a normal daily routine as much as possible.
- Arrange with your employer to work from home, if possible.
- Ask your child's school to supply assignments, work sheets and homework by post or email.
- Think about how you have coped with difficult situations in the past and reassure yourself that you will cope with this situation too. Remember that isolation won't last forever.
- Keep in touch with family members and friends via telephone, email or social media.
- Exercise regularly at home. Options could include exercise DVDs, dancing, floor exercises, yoga, walking around the backyard or using home exercise equipment, such as a stationary bicycle, if you have it. Exercise is a proven treatment for stress and depression.
- Ask your family, friends or other members of the household to pick up your groceries and medicines for you. If this is not possible, you can order groceries and medicines (including prescription medicines) online or by telephone.
- Treat isolation as an opportunity to do some of those things you never usually have time for, such as board games, craft, drawing and reading.

## What do I do if my 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 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 -

<b>After Hours Home Doctor*</b>	1300 378 663	<a href="https://www.afterhourshomedoctorwa.com.au">https://www.afterhourshomedoctorwa.com.au</a>
<b>Dial-A-Doctor*</b>	1300 030 030	<a href="https://www.dial-a-doctor.com.au/perth/">https://www.dial-a-doctor.com.au/perth/</a>
<b>DoctorDoctor</b>	13 26 60	<a href="https://www.doctordocor.com.au/">https://www.doctordocor.com.au/</a>
<b>Get Better</b>	1800 238 837	<a href="https://www.getbetter.com.au/">https://www.getbetter.com.au/</a>

<b>Home Doctor*</b>	137425	<a href="https://homedoctor.com.au/locations/perth">https://homedoctor.com.au/locations/perth</a>
<b>Night Doctor</b>	1300 644 483	<a href="https://nightdr.com.au/">https://nightdr.com.au/</a>
<b>Perth Home GP*#</b>	1300 815 321	<a href="https://perthhomegp.com.au/">https://perthhomegp.com.au/</a>
<b>WA After Hours Doctor*</b>	1300 300 362	<a href="http://www.waafterhoursdoctor.com.au/">http://www.waafterhoursdoctor.com.au/</a>
<b>WADMS#</b>	(08) 93219133	<a href="http://wadms.org.au/">http://wadms.org.au/</a>

\* service available for both metro and regional WA

# service also available for day time consultations

## Other assistance for people in self-isolation

- If you need welfare assistance (e.g. food, medication, other essential items) phone the 13 COVID (132 6843) phone line (option 2).
- 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) 9223 1111 or 1800 199 008
- If you need advice, information or support whilst dealing with sexual, domestic or family violence call 1800 RESPECT or visit their website
- If you need **emergency medical** assistance phone 000

## 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 with regard to self-isolation 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.

## Websites where you can find more information

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

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

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

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

**We acknowledge that self-isolation is an inconvenience, however, it is essential for protecting your family, friends and the WA community**

**We thank you for your cooperation.**

Last updated 25 June 2020

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

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