



Exemption from self-isolation requirements in Western Australia to prevent spread of COVID-19

In response to COVID-19, the Western Australian (WA) Government under the Emergency Management Act has mandated that from 1:30 pm (WST) Tuesday 24 March 2020, people arriving into WA from other Australian States and Territories are required to self-isolate for 14 days unless granted an exemption.

Exemptions from the mandated self-isolation apply to essential services and essential workers, including emergency services, defence and policing, mining industry workforces, flight crews and freight of essential goods, via ports and trucks or on compassionate grounds – with strict guidelines in place to monitor and manage such exemptions.

You have been identified as someone who has been granted exemption by a Responsible Officer from having to self-isolate to prevent the spread of COVID-19.

This is because you have been classed as a person performing an 'Essential Service' or because you have been granted a 'Special Exemption' as per the 'Self-quarantine following interstate travel' Directions issued by the Western Australian government under the Emergency Management Act 2005, and at the time of the exemption being granted you are not:-

- currently showing any symptoms of COVID-19, OR
- a close contact of a confirmed case of COVID-19, OR
- awaiting a test result after being tested for COVID-19.

What does exemption mean for you?

You have been granted an exemption from self-isolation based on your work or personal circumstances. However due to your interstate travel, you are in a higher risk group for COVID-19 and need to take extra precautions to protect other people from COVID-19.

You are allowed to go to your regular workplace to carry out your work duties, but when not in work you are required to restrict your contact with other people:

- practice social distancing of 1.5 meters between yourself and other people
- stay at home when not at work except for essential reasons such as food shopping, medical appointments
- restrict contact with other people, including family and friends
- refrain from all non-essential travel.

What should you do if you become unwell?

If you become unwell within 14 days of your arrival in WA, contact your medical practitioner for advice. Let them know you have recently arrived in WA from interstate. If they advise that you need to be tested for COVID-19 you should attend your nearest COVID-19 clinic. If you are in a regional area, you should go to a public hospital, health service or remote health clinic. Please call ahead first. 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 does self-isolation mean?

You must remain in your home, hotel room or other accommodation and self-isolate for 14 days. If you are at home, only people who usually live in your household should be with you. You should minimise 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.

Thank you for your cooperation

We acknowledge that these restrictions are 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 breaches of exemption requirements.

Websites where you can find more information

health.wa.gov.au/coronavirus

healthywa.wa.gov.au/coronavirus

www.who.int/health-topics/coronavirus

www.wa.gov.au/government/covid-19-coronavirus

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