Self-isolation in Western Australia to prevent the spread of COVID-19
Information for travellers, 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.

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. You will be provided information on mandatory self-quarantine.
- **Interstate arrivals**: People will be directed to isolate in a quarantine centre 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 Ngaanyatjarra 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](https://health.wa.gov.au).

**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 leave your accommodation. You must not to 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. 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.

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 become unwell with COVID symptoms such as a cough, sore throat or fever, you should present for testing as soon as possible. You can attend your nearest COVID Clinic, 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](https://health.wa.gov.au) 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.

Unless attending a COVID clinic, make sure you call ahead to let them know you have symptoms suggestive of COVID-19.

You should go directly to the testing location by private car from your place of residence and return home immediately to continue self-isolate.

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

**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.

[health.wa.gov.au](https://health.wa.gov.au)
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) 9223 1111 or 1800 199 008
- 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 -
- For other queries contact the 13 COVID 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. Workplaces are advised that people under self-isolation do not require a medical certificate while they are in home isolation. You are encouraged to discuss your circumstances with your employer on how to manage your work commitments.

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


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