CORONAVIRUS
SELF-ISOLATION GUIDE

This guide is for workers who may have been exposed to the virus and need to self-isolate for a while. If you have been in close contact with someone who now has a confirmed case of coronavirus, please read the information below.

WHO NEEDS TO ISOLATE THEMSELVES?

If you have been in close contact with someone who now has coronavirus, you must self-isolate, or stay inside by yourself as much as possible, for 14 days.

STAY AT HOME AND DON'T SEE ANY VISITORS

During the 14-day isolation period, you must stay inside on your own as much as you can.

- Don't go to any public places including work, church or other public gatherings.
- Don't see any visitors.
- If you are in a hotel, don't go near any other guests or staff.

If you are healthy, you don't need to wear a surgical mask at home. You will need to ask your employer or someone else who is not in isolation to get groceries for you at the shops.

If you do need to leave your home or hotel, e.g. to go to the doctor, you should practice 'social distancing' and stay at least 1.5 metres away from others. You should also wear a surgical mask.

If you don't have a mask, do not cough or sneeze on anyone. For more information about wearing masks, visit: https://www.health.gov.au/resources/publications/coronavirus-covid-19-information-on-the-use-of-surgical-masks.

PAY ATTENTION TO HOW YOU ARE FEELING

When you are in isolation, you need to check how you are feeling and watch out for any coronavirus symptoms. These could be a fever, a cough, a sore throat, tiredness or shortness of breath. Other symptoms might include chills, body aches, a runny nose and muscle pain.

WHAT TO DO IF YOU GET SICK

If you get any symptoms within 14 days of being with someone who has the virus, call your doctor or the national coronavirus help line on 1800 020 080. The most common symptoms are:

- fever
- a cough
- sore throat
- tiredness.

If you think you need to see a doctor, call them first and tell them you have been in contact with someone who has coronavirus. You must then stay by yourself in your home, hostel, the medical clinic or the hospital until people tell you it is safe for you to go back to your usual activities.

HOW TO PREVENT THE SPREAD OF CORONAVIRUS

Keep your hands clean, don't sneeze or cough on anyone and stay at least 1.5 metres from other people (social distancing). This is the best way to stop the virus spreading.

You should always:

- wash your hands often with soap and water, before and after eating, and after going to the toilet.
- cover your coughs and sneezes, throw tissues in the bin, and wash your hands.
- avoid contact with other people if you are unwell.

INFORMATION ABOUT GOING OUTSIDE

If you live in a private house, it is safe for you to go into your garden or courtyard. If you live in an apartment or are staying in a hotel, it is also safe for you to go into the garden but you should wear a surgical mask to minimise risk to other people. Stay at least 1.5 metres away from others (social distancing) and move quickly through any common areas.

ADVICE FOR OTHERS LIVING WITH YOU

People who live with you do not need to self-isolate unless they have also had contact with someone who has coronavirus. If you develop symptoms and people think you have the virus, anyone living with you will also need to self-isolate for 14 days.

MAKE SURE YOU KEEP THINGS CLEAN

To try to stop the spread of germs you should clean surfaces that get touched a lot. These include door handles, light switches, and kitchen and bathroom surfaces. You should wipe these over every day with liquid soap or disinfectant.

HOW TO MANAGE BEING IN ISOLATION

Being in self-isolation can be hard and boring. Here are some things that can help:

- keep in touch with family and friends on the phone, through email and social media.
- follow our Facebook page for video messages from our welfare team and to connect with other Pacific island and Timorese workers: https://www.facebook.com/pacificlabourmobility1/.
- learn about coronavirus and talk with others about it.
- keep up your normal daily routines, e.g. healthy eating and exercise.
- do things that help you relax and try out new activities or hobbies.

WANT TO KNOW MORE?

- For more advice about COVID-19, please visit: https://www.pacificlabourmobility.com.au/coronavirus.
- Call the National Coronavirus Helpline: 1800 020 080. It operates 24 hours a day, seven days a week.
- For more Australian government information on COVID-19: https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert.

- If you are worried about your health, call a doctor.
- Contacts for state/territory public health agencies: https://www.health.gov.au/state-territory-contacts.
- You can also get in touch with us through the Pacific Labour Facility 24-hour hotline on 1800 51 51 31, or email: welfare@pacificlabourfacility.com.au.