

# ISOLATE TO Keep Mob Safe



Isolation can help stop the spread

**The risk of getting COVID-19 is greater if you are around people who have the disease**

## Coronavirus: Stop the spread

Visit [health.gov.au/health-topics/novel-coronavirus](https://health.gov.au/health-topics/novel-coronavirus)





## Self-isolation: what does it mean to me and my mob?

### Who is at risk of getting COVID-19?

You and your mob are at risk of getting coronavirus if:

- you are around people who have the disease, or
- if anyone you spend time with has travelled overseas recently.

### RESTRICTIONS

There are special restrictions in place to help prevent coronavirus spreading. From 15 March 2020, people who have returned from overseas travel must self-isolate for 14 days.



## What to do if you have COVID-19 and a doctor has told you to 'self-isolate'?

Be prepared to be in isolation for **14 days** from the date of being told.

### To start isolation:

- find a way to get there without coming into contact with other people
- cover your mouth or nose (wear a surgical mask if you can get one).



AVOID CONTACT



USE THE PHONE

## What if I don't have a place to go to for isolation?

- Phone your local hospital for advice, or
- Phone your health service to ask what is available in your community.

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## Where should I 'self-isolate'?

- Preferably in your home, or wherever you may be living.
- In a space where you can be away from other people, if possible.
- If you can, sleep in a separate room.



## What should I do if I am isolated?

*Follow the advice of your doctor at all times.*

- Stay isolated for as long as the doctor has advised, even if you feel better.
- Do not have visitors. Avoid contact with others outside your place of isolation.
- If you can, avoid sharing beds. Sleep in a separate room.
- Let people know you are in isolation, so they don't worry about where you are.
- Ask others to assist with needs such as grocery shopping and getting medications—get dropped off and left at your front door.



## Hygiene tips

**Hygiene is important to stop the spread and protect others.**



*Cough or sneeze into your elbow or tissue.  
Dispose of tissue*

**COUGH INTO ELBOW**

*Wash your hands with soap and water before and after eating, and after going to the toilet*



**WASH HANDS**



*Minimise touching your mouth, nose and eyes*

**AVOID TOUCHING**

*Keep surfaces clean with detergent and disinfectant e.g. door handles, light switches and benches, etc*



**DISINFECT**

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## What do I do if I start to feel sick in isolation?

### Monitor your symptoms:

- If you have difficulty breathing or are seriously unwell and it is an emergency, *call triple zero (000) immediately.*
- Keep track of any early symptoms which can include chills, body aches, sore throat, runny nose and muscle pain.
- If you do start to feel unwell during isolation, avoid contact with anyone who is in isolation with you (stay more than 1.5 metres away).

## NEED MORE INFORMATION?

Call the **National Coronavirus Health Information Line** on **1800 020 080**.  
Open 24 hours a day, 7 days a week.

If you have any other questions or concerns, you can also contact your local health service or hospital.



## Tips to help if you are in isolation

- If possible, spend time outside in a garden or courtyard
- Use phone, email or social media to keep in contact with people
- If feeling well, exercise and keep busy
- Work from home if possible
- If your child has been isolated ask your child's school to provide schoolwork through the mail or email.
- Spend time doing things inside that you may not normally have time to do.
- If you cannot be isolated without others (i.e single parent, carer, etc.) please call your local health service on the number below, to let them know.



STAY AT HOME



USE THE PHONE

If you're stuck at home and use your phone.  
Call your local health service on:

.....  
or call **13-HEALTH (13 43 25 84)**