

Home quarantine explained

**KEEP
ON TOP OF
COVID**

This fact sheet explains the key points about what it means to be in home quarantine.

For more information, go to coronavirus.tas.gov.au/quarantine or call the Public Health Hotline for advice on 1800 671 738.

If you have been asked to quarantine at home, it is because you may have been exposed to COVID-19 and are at a higher or increased risk of being infected or passing on the virus.

If you do have the virus, it can take up to 14 days after exposure to develop symptoms or return a positive test result.

You may be asked to quarantine or isolate for a number of reasons, including if:

- you are a primary close contact or casual contact of a confirmed COVID-19 case
- you are a secondary contact of a confirmed case
- you have recently spent time in a medium or high-risk area, or attended medium or high-risk premises
- you are waiting for your COVID-19 test result
- you have returned a positive COVID-19 test result.

Quarantining at home or other suitable premises

To stop COVID-19 spreading, you must stay away from other people, either by quarantining at home or at another suitable premises (i.e. a private residence, a short-term rental accommodation where

you/your family are the only occupants, or other approved premises).

You can find out more about what suitable premises are at coronavirus.tas.gov.au/travellers-and-visitors/coming-to-tasmania/suitable-premises.

What does it mean to quarantine at home?

If you are in home quarantine, you must stay there for 14 days, or until someone from Public Health tells you that you can leave.

You must stay in your home or suitable premises for the whole 14 days:

- even if you feel well – because you can spread COVID-19 before you develop symptoms and get sick
- even if you have a negative test result – as you might get a positive result later.

While in quarantine, you can only leave that place:

- to get tested for COVID-19
- to access urgent healthcare that cannot be provided over the phone
- in an emergency, including as directed by emergency services (police, fire, ambulance, SES)
- to leave Tasmania (note – this does not apply to diagnosed cases or close contacts)
- if permitted by an authorised officer.

You must not leave your place of quarantine for any other reason, including to go to work, school, childcare, university, shops or attend public gatherings. If you leave your home before the 14 days or until Public Health advises you that you can, you could put others in the community at risk. You may also be fined or face time in jail.

No visitors

While you are in quarantine, you must not have any visitors – even if they are also in quarantine. You must keep away from all other people.

The only people allowed into your home are the people that live there, or emergency service workers if there's an emergency.

Let your friends, family and neighbours know that you are in quarantine, and tell them not to visit. Consider putting a note on your door to let others know that you are in home quarantine and they cannot come in.

You can continue to receive goods (like online shopping parcels, home delivery, or items from friends and family) but you are not allowed to open the door to receive them. People must leave these items on your doorstep.

What happens to the people I live with?

If you live with other people, you must be able to quarantine away from them. If you have to share facilities or do not have your own bedroom and bathroom, you may be required to find other suitable premises or undertake your quarantine period in a government-managed quarantine facility.

You will be advised if the people you live with are also required to quarantine.

They can't have visitors at home, even outside.

Even if you are able to quarantine away from others in your home, they should avoid going to large events and use the Check in TAS app whenever they go to places with the Check in TAS QR code.

Monitor yourself for symptoms

While you are in quarantine, you will need to monitor yourself for any cold or flu symptoms, shortness of breath and loss of taste or smell.

If you get any symptoms, no matter how mild, call the Public Health Hotline on **1800 671 738**.

If it gets hard to breathe, call **000** (Triple Zero) for an ambulance.

More information

Find out more about what you can and can't do in quarantine, as well as hints and tips on how to cope with being quarantine, and where to get help at: coronavirus.tas.gov.au/quarantine

Always follow Public Health advice to Keep on Top of COVID.

