

# Stay at Home Direction explained



This fact sheet explains the key points about what it means to be under a Stay at Home Direction.

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

A Stay at Home Direction may be put in place to help minimise the risk of the transmission of COVID-19 in the Tasmanian community when:

- an interstate area is declared high-risk (Level 2) and travellers arrived in Tasmania before the high-risk declaration takes effect
- there is a positive case of COVID-19 identified in the Tasmanian community.

If you have been asked to stay at home under the Stay at Home Direction, it is because you may have been exposed to someone unknown to you in the community who had COVID-19.

Because the risk of being exposed to someone in the community is unknown, you must stay at home for 14 days and until you return a negative COVID-19 test result. This is because it can take up to 14 days for you to develop symptoms or test positive.

## Why do I need to stay at home if I'm feeling well?

Some people who have COVID-19 may be infectious for a short period before they develop symptoms, and a small number of people may not show any symptoms at all. This means that people with COVID-19 may be

able to spread the disease to others, without knowing they are unwell.

The Stay at Home requirements are less restrictive than quarantine because the risk of exposure to COVID-19 is considered to be of lower risk. However, it is still an important measure to protect our community.

## Do I have to have a COVID-19 test if I am under the Stay at Home Direction?

Yes. You must have a test on or after day 7 from when you were last in a high-risk area.

## How do I book a COVID-19 test?

You can book a COVID-19 test by calling the Public Health Hotline on 1800 671 738 or registering online (Hobart and Launceston) at [covidtestbooking.health.tas.gov.au](https://covidtestbooking.health.tas.gov.au).

More information about Testing for COVID-19 is available at [coronavirus.tas.gov.au/testing](https://coronavirus.tas.gov.au/testing).

## What happens if I refuse to get a COVID-19 test?

If you refuse to get a COVID-19 test while you are under the Stay at Home Direction, your level of risk will be assessed by Public Health. You may be required to stay at home for an additional length of time. This is to ensure that you do not have COVID-19, and do not pose a risk in transmitting the virus to others in the community.

## Are there any exceptions to the Stay at Home Direction?

Under the Stay at Home Direction, you are required to stay at home. You may only leave your home for the following approved reasons:

- shopping for food, beverages, fuel, medicine and urgent household supplies (within 5 km of your residence)

- undertaking personal exercise in an outdoor area (within 5km of your residence)
- attending medical or health care appointments, or for medical treatment (including getting a COVID-19 test)
- seeking urgent veterinary services
- attending school if it cannot be undertaken at your primary residence
- attending childcare where you (the parent/carer) cannot undertake work or study at your primary residence
- attending work if it cannot be undertaken at your primary residence
- providing support or care to another person to due to age, infirmity, illness, or a chronic health condition or other matters relating to the persons health, including mental health, pregnancy and end of life care
- facilitating shared custody or parenting arrangements, family contact arrangements, guardianship or other care arrangements
- relocating to another primary residence, if you are unable to remain in your primary residence while the Direction is in place
- leaving Tasmania without the intention of returning while the Direction is in place, as required or authorised by law
- in an emergency to avoid injury or illness, or to escape harm – including harm relating to your family.

### What must I do if I leave my home?

If you have to leave your home for any of the approved reasons, you must:

- wear a face mask at all times while you are away from your home, unless you are exempted from the requirement to wear a mask – visit [coronavirus.tas.gov.au/facemasks](https://www.coronavirus.tas.gov.au/facemasks)
- travel by the most direct and practical route without stopping (other than required by law, or to purchase fuel, or for rest)
- use the Check in TAS app to sign in at each location you attend for approved reasons and do not stay away for longer than is necessary to complete the task required.

### Can I leave home to attend a vaccination appointment?

No. You cannot leave your home to attend a vaccination appointment if you are under the Stay at Home Direction.

### Can I leave home to attend medical appointments?

Yes, you may leave your home to attend medical or health care appointments, or for medical treatment, including getting a COVID-19 test.

### Can I attend a funeral if I am under the Stay at Home Direction?

In some circumstances you may be given an exemption from the Stay at Home Direction to attend a funeral. To request an exemption, you will need to call the Public Health Hotline on **1800 671 738** to discuss your situation.

### Can I leave Tasmania if I'm under the Stay at Home Direction?

Travellers who spent time in a high-risk area can choose to leave the state rather than stay in Tasmania under the Stay at Home Direction.

If you wish to leave Tasmania, you must travel directly to a port of departure without stopping on the way. Private transport should be used if possible, or if you have to use public transport, you must wear a face mask at all times.

### Can I stay in accommodation while I am under the Stay at Home Direction?

If you are a visitor to Tasmania staying in booked accommodation, you must remain there while you are under the Stay at Home Direction. If you are unable to stay in your booked accommodation for this period, you may need to be moved to a government-managed quarantine facility.

### Am I allowed to have people over to my house while I am under the Stay at Home Direction?

No. You must not allow others to enter or remain at your residence unless it is for emergency purposes or to provide care as outlined in the exemptions (above).

## Do the people I live with need to stay at home as well?

No, unless they are also under a Stay at Home Direction.

## When does the Stay at Home Direction finish?

The Stay at Home Direction will cease to apply to you once 14 days have passed from when you were last in the high-risk (Level 2) area AND you have returned a negative COVID-19 test result.

## Where can I find out more about the Stay at Home Direction?

A copy of the current Stay at Home Direction is available from: [coronavirus.tas.gov.au/resources](http://coronavirus.tas.gov.au/resources) - under Current Directions.

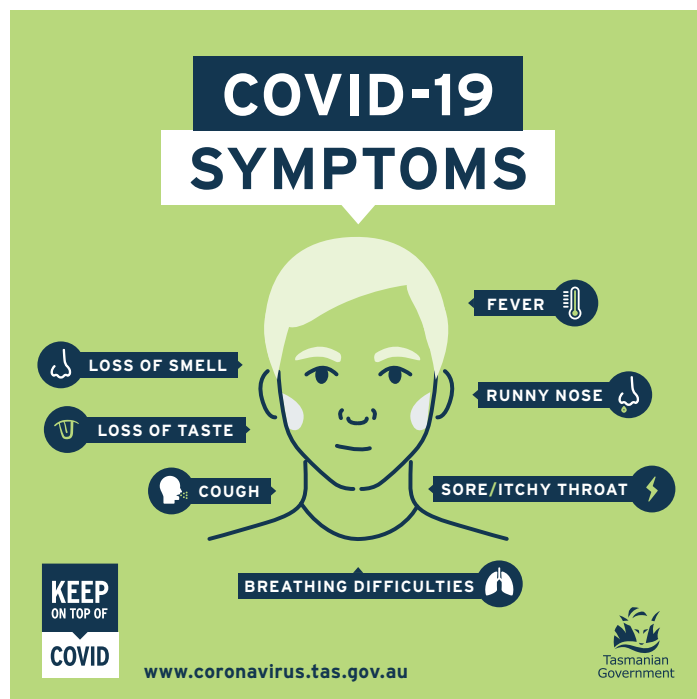
Other information about the Stay at Home Direction is available from the Important Community Updates page: [coronavirus.tas.gov.au/facts/important-community-updates](http://coronavirus.tas.gov.au/facts/important-community-updates) and the travel alert page: [coronavirus.tas.gov.au/travelalert](http://coronavirus.tas.gov.au/travelalert).

## Monitor yourself for symptoms

While you are under the Stay at Home Direction, 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.



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