

Essential traveller support information



Thank you for doing your part to keep Tasmania safe from COVID-19.

Coping with restrictions: Living with restrictions can cause boredom and stress, so please remember to:

- speak regularly with your family and friends;
- stay active and exercise regularly;
- maintain a daily routine; and
- contact your GP if you are experiencing anxiety.

Don't struggle in silence, you can access professional support at any time via Lifeline on **13 11 14** and Beyond Blue on **1300 224 636**.

More information on coping with quarantine and restrictions can be found on Tasmania's coronavirus website, go to coronavirus.tas.gov.au/coping-with-quarantine.

Language support: If you need language or interpreting support to help you access services or understand the requirements that impact you, call the Translating and Interpreting Service on **131 450**.

Health: Always call **000** in an emergency (Triple Zero) - let the operator know you are in quarantine. For other health needs, please contact your local GP or pharmacist. Many pharmacies can deliver prescription medicines to your door. If you do not have a GP, please contact Health Direct Australia on **1800 022 222**.

If you are experiencing any mobility or access issues at your premises please contact the Public Health Hotline on **1800 671 738**.

Food: You are allowed to shop for food while in Tasmania. Ensure you wear a face mask when in public and conduct your shopping as efficiently as possible to limit unnecessary contact with other people.

Entertainment: Reading books and magazines, watching movies and television, doing crosswords or other puzzles, and chatting to friends are all good ways to stay entertained while under restrictions. Libraries Tasmania is a good free resource for eBooks, eMagazines and other items. To access these visit, libraries.tas.gov.au and go to the 'eLibrary tab.'

If your premises has an outside area such as a yard or a balcony, you are able to utilise these areas for fresh air and exercise.

Staying informed: Tasmania's coronavirus website is the best source of information about COVID-19 for people in Tasmania. Visit coronavirus.tas.gov.au.

Other support: find answers to your questions and support for issues not addressed here by visiting Tasmania's coronavirus website or by contacting the Public Health Hotline on **1800 671 738**.

Requirements: If you are an exempt traveller who has spent time in a medium or high-risk area or premises during the dates specified for that location, you must remain in, or at, your place of residence unless:

- you are attending work or undertaking official duties, as per your Specified Person category;
- you are shopping for food, beverages, fuel, medicine and urgent household supplies;
- you are permitted to leave by an authorised officer; or
- to seek medical care, to leave Tasmania, or in an emergency situation that requires you to leave your residence; and
 - if seeking medical care or during an emergency, you return to your residence directly after obtaining that care, or when safe to do so after the emergency has passed,
 - if leaving Tasmania, you must travel directly from your residence to the point of departure, wear a face mask, and comply with COVID-safe behaviours.

If leaving your premises you must wear a face mask.¹ If you leave for emergency or medical reasons, you must return to your home when safe to do so or after receiving care.

You must:

- cover your mouth when coughing or sneezing;
- use disposable tissues and dispose of them after use;
- maintain clean and hygienic premises
- wash your hands frequently and thoroughly with soap or hand sanitiser; and
- maintain, where practicable, physical distancing of at least 1.5m from other people.

Testing: If you are in Tasmania after being in a medium or high-risk area or premises you are required to have two COVID-19 tests:

- the first test within 24 hours of arrival; and
- the second test on, or as soon as possible after, your 12th day in Tasmania.

You are required to organise your own test appointments, so please contact the Public Health Hotline on **1800 671 738** to book. If you decline these tests, you will be required to quarantine and follow restrictions for an additional 10 days.

If you are a Category 3 Specified Person (Transport, Freight and Logistics), different rules apply to you if you have had a negative COVID-19 test within seven days of arrival in Tasmania. Visit Tasmania's coronavirus website and go to coronavirus.tas.gov.au/essential-travellers.

Symptoms: While you are in Tasmania, you must monitor yourself for any symptoms of COVID-19.² If you are displaying any of these symptoms, contact the Public Health Hotline on **1800 671 738** or a medical practitioner to determine whether testing is required.

FOOTNOTES

- 1 Unless:
 - you are receiving medical care that cannot be provided if you wear a facemask;
 - you are travelling in a vehicle by yourself (or only with people who you live with);
 - you have a lawful reason to remove the facemask or have been required to remove it (e.g. to enable a person in authority to determine your identity);
 - you have a medical certificate provided by a doctor or other medical practitioner that certifies that you are exempted from wearing a facemask on medical grounds;
 - it is an emergency and it is not practicable for you to obtain or wear a facemask;
 - wearing the facemask would create a risk to your health or safety; or,
 - you have written approval of the Deputy State Controller to not wear a facemask.
- 2 Symptoms of COVID-19 are:
 - temperature of $\geq 37.5^{\circ}\text{C}$;
 - chills and/or night sweats;
 - cough, shortness of breath or sore throat;
 - loss of smell or taste; or
 - sudden and unexplained fatigue, runny nose, muscle pain or joint pain, nausea, vomiting or diarrhoea, or loss of appetite.