

Home quarantine support information



Thank you for helping to keep Tasmania safe from COVID-19.

Coping with quarantine: Quarantine 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.

Access professional support at any time via Lifeline Australia, call **13 11 14** or visit Lifeline Tasmania lifelinetasmania.org.au and Beyond Blue, call **1300 224 636**.

More information on coping with quarantine 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 quarantine, 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, contact your local GP or Pharmacist. Many pharmacies can deliver prescription medicines to your door. If you do not have a GP, contact Health Direct Australia on **1800 022 222**.

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

If at any time you need welfare support, don't hesitate to reach out to family, friends and/or professional services.

Finance: If you are concerned about your financial situation, or that you will not be able to afford essential goods and services, assistance may be available. To find out about your eligibility for a Pandemic Isolation Assistance Grant visit Tasmania's coronavirus website at

coronavirus.tas.gov.au/financial-services-and-support. More information about emergency relief is available at Tasmania's coronavirus website, go to coronavirus.tas.gov.au/emergency-relief-support. Visit coronavirus.tas.gov.au/quarantine or call the Public Health Hotline on **1800 671 738** for more information.

Food: You can order food through an online food delivery service, which is offered by many supermarkets and food stores. You can also reach out to your network of family and friends. If these are not options for you, information about emergency relief including food relief is available at Tasmania's coronavirus website, go to coronavirus.tas.gov.au/emergency-relief-support.

Staying safe: In an emergency, always call **000** (Triple Zero). If you are concerned about your safety while in quarantine and are able to safely seek assistance, visit safefromviolence.tas.gov.au, or safeathome.tas.gov.au or contact Safe at Home Tasmania on **1800 633 937**.

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 in quarantine. Libraries Tasmania is a good free resource for eBooks, eMagazines and other items visit, libraries.tas.gov.au and go to 'eLibrary'. 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: for questions or support not addressed here or on Tasmania's coronavirus website, please contact the Public Health Hotline on **1800 671 738**.

Quarantine requirements

If you have spent time in a medium or high-risk (level 2) area or premises during the relevant time, legal directions¹ under Tasmanian legislation require that you:

- must quarantine at home or in a suitable premises;
- must travel directly to quarantine, wearing a face mask;
- must not have any visitors;
- must remain in quarantine for 14 nights and can leave on the 15th day, unless you have been advised by an authorised officer that you may leave at an earlier time.
- must not leave unless:
 - you need to be tested for COVID-19
 - there's an emergency, such as a fire or flood
 - you require medical care that cannot be addressed via telehealth
 - you are departing Tasmania and travel directly from your place of quarantine to the airport or seaport

If you need to leave for one of the listed reasons you must wear a face mask.² If you leave for emergency or medical reasons, you must return when safe to do so or after receiving care.

Those you live with are not required to quarantine but must stay at least 1.5 m away from you.

While in quarantine remember to:

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

Tasmania Police or another authorised officer may check you are complying with quarantine requirements in person, or by contacting you on the mobile phone number you have provided.

Testing: If you're in quarantine after being in a high-risk (level 2) area or high-risk premises you are required to have two COVID-19 tests:

- the first test before your third day in quarantine, and
- the second test after your 12th day in quarantine.

You will be contacted by the testing centre to organise a test appointment. If you are not contacted, please

call the Public Health Hotline on **1800 671 738**. If you decline these tests, you will be required to complete a further 10 days of quarantine.

If you are in quarantine after being in a medium-risk area or premises you are not required to have a COVID-19 test while in quarantine. However, if you develop symptoms, book a test through the Public Health Hotline **1800 671 738**.

Find out more about testing at coronavirus.tas.gov.au/testing.

Symptoms: While you are in quarantine, you must monitor yourself for symptoms of COVID-19.³ If you are displaying any of these symptoms, contact the Public Health Hotline or a medical practitioner to determine whether testing is required.

FOOTNOTES

1 The Direction under which most people will be required to quarantine is Directions in Relation to Persons Arriving in Tasmania under Section 40 of the *Emergency Management Act 2006*. Current Directions can be viewed at coronavirus.tas.gov.au/resources.

2 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.

3 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.