

Home quarantine for High Risk Level 1 support information



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

Coping with quarantine

Going into quarantine may feel daunting. Fear and anxiety about the pandemic can be overwhelming and cause strong emotions.

There are ways to support your mental health during periods of quarantine:

- Remind yourself that it's temporary.
- Focus on the effort you are making to protect others.
- Stick to routines – they're good for our mental health. Go to sleep and wake up at the same time each day, eat at regular times, shower and change your clothes. This will help you to manage your days and adjust when life starts to go back to normal.
- Try to maintain physical activity.
- Manage your stress levels, and if needed, increase your coping strategies (eg listening to music, watching your favourite shows, meditation or exercise).
- If you have a health condition, keep taking any prescribed medication, continue with your treatment plan and monitor any new symptoms.

Seek professional support early by calling Lifeline Australia on **13 11 14**, Beyond Blue on **1300 224 636** or visiting lifelinetasmania.org.au.

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, call the Translating and Interpreting Service on **131 450** or go to coronavirus.tas.gov.au/mylanguage.

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 medicines. There may be some issues with filling prescriptions for certain medications if your script is not from a Tasmanian GP. If you do not have a GP, contact HealthdirectAustralia on **1800 022 222**.

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

You will receive a call on day two of your quarantine period to check your health and wellbeing needs. You will also receive a text message on day six and day ten to check in and remind you of your testing requirements. If you do not respond to the call or text messages, a home visit for compliance and a welfare check will follow. Please raise any concerns you may have as early as possible, so that appropriate support can be provided.

Please don't hesitate to reach out to family, friends and/or professional services for support.

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.

Food: You can order food through an online food delivery service 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. Please ensure there is no physical contact with delivery people, and that deliveries are left at the door for collection.

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. 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.

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 been approved to quarantine at a suitable premises, legal directions¹ under Tasmanian legislation require that you:

- must quarantine at home or in a suitable premises that meets the below criteria:
 - is a stand alone or semi-detached building, and has no shared entrances, exits, corridors or facilities
- must travel directly to quarantine wearing a face mask and using private transport
- must not have any visitors or occupants of the house other than your travelling party
- must post a sign on your door detailing that you are in quarantine. A sign will be provided to you on arrival to Tasmania. If you did not receive this or have lost yours, please immediately print one from the coronavirus website, or write your own sign with the same content
- 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 have been approved by the Deputy State Controller to depart quarantine in order to depart Tasmania and travel directly from your place of quarantine to the airport or seaport.

If at any stage during your quarantine period your circumstances change you are required to inform the Public Health Hotline immediately.

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.

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 will check you are complying with quarantine requirements in person, or by mobile phone.

Testing: As you're in quarantine after being in a high-risk area 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 need to call the Public Health Hotline to organise your test appointments at COVID-19 testing clinics. If you decline or do not attend these tests, you will no longer be eligible for quarantine at a suitable premises and will be transferred to hotel quarantine and then required to complete a further 10 days of quarantine.

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 that requires 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 face mask;
 - you are travelling in a vehicle by yourself;
 - you have a lawful reason to remove the face mask or have been required to remove it by a person in authority;
 - you have a medical certificate provided by a doctor or other medical practitioner that certifies that you are exempted from wearing a face mask on medical grounds;
 - it is an emergency and it is not practicable for you to obtain or wear a face mask;
 - wearing the face mask would create a risk to your health or safety; or
 - you have written approval of the Deputy State Controller to not wear a face mask.
- 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.