

Leaving isolation after having COVID-19

KEEP IT

COVID
safe

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When you test positive to COVID-19 it is important to complete a minimum of 7 days isolation to prevent infecting others.

Leaving isolation

If you test positive to COVID-19 via a rapid antigen test or PCR test, you must isolate for seven days from the date your test was taken.

If after seven days you are no longer experiencing symptoms, such as, temperature, fever, headaches and body aches, you will be able to leave isolation. Public Health will contact you on day 7 of your isolation. This will contain an official letter of release from isolation and can be used as proof of release or as a medical certificate.

If at the end of your seven days isolation you still have symptoms, you should isolate for a further three days.

Some symptoms, such as a cough and tiredness, can last for some time after you have left isolation. These symptoms do not mean you are infectious, and you should see your health care provider if these symptoms continue.

It is important to continue to use good hygiene by covering coughs and sneezes and washing hands regularly to reduce the risk of passing on any illness.

Returning to work and other activities

Once you have completed your isolation requirements, you are able to return to work.

There is not a Public Health requirement to provide a negative test before returning to the workplace once you have completed your 7 or 10 day isolation requirement.

Although you can return to normal activities after you have completed your isolation requirement, be aware of some minor lingering symptoms you may experience. Your body has been exposed to a virus and everyone recovers differently. Speak to your healthcare provider if you are concerned about any ongoing symptoms.

Vaccination and boosters

Once you have recovered from COVID-19 it is safe to have your scheduled COVID-19 vaccination or booster when eligible.

If you are concerned about any symptoms you are still experiencing after having COVID-19, speak to your health care provider prior to your vaccination.

Close contact after having COVID-19

People who have recovered from COVID-19 have a low risk of getting it again within twelve weeks of their release from isolation as most people develop some immunity (ability to fight the disease).

Within twelve weeks of release from isolation

If you are not immunocompromised and you become a close contact of a confirmed case within twelve weeks of release from isolation, you will not need to follow close contact requirements.

After twelve weeks from your release from isolation

If you become a close contact of a confirmed case after twelve weeks from your release from isolation, you will need to comply with requirements as a close contact.

Testing after having COVID-19

If it has been more than twelve weeks since your release from isolation and you have symptoms, you should get tested because your immunity may have decreased. Unfortunately, people can become unwell with COVID-19 more than once. If it is more than 12 weeks since the date you were released from isolation and you test positive to COVID-19 on a rapid antigen test (RAT), you need to have a PCR test to confirm if you have a new infection of COVID-19.

How can I stay informed?

It's important to stay informed as the situation changes.

For information about COVID-19 in Tasmania, go to coronavirus.tas.gov.au/leaving-isolation or call the Public Health Hotline on **1800 671 738**.

For information about COVID-19 in Australia, go to health.gov.au or call the National Coronavirus Health Information Line on **1800 020 080**.