

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 5 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 a minimum of five days from the date your test was taken.

Cases can be released from isolation 5 days after their first positive test – only if they meet the following 2 criteria:

- all acute **COVID-related** symptoms have gone or have significantly resolved (eg cough, runny nose, sore throat, or shortness of breath); **AND**
- they have **NOT** had a fever (or signs of fever such as chills or night sweats) for at least **24 hours**.

In addition, all individuals who leave isolation **MUST**:

- wear a face mask in **all settings** away from the home until 7 days after they test positive (everyone aged 12 years and older).
- **not** attend any of the high-risk settings below (**even for the purposes of work**) until 7 days after they test positive:
 - residential aged care facilities
 - hospitals
 - residential disability care facilities.

After you leave isolation you must continue to take additional precautions in case of the small chance you may still be able to spread the virus.

This is because fever or respiratory symptoms that haven't improved significantly could mean you are still infectious. That's why it's important to stay in isolation until you meet the criteria above.

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 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 four weeks of their release from isolation as most people develop some immunity (ability to fight the disease).

Within four weeks of release from isolation

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

After four weeks from your release from isolation

If you become a close contact of a confirmed case after four 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 four 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 four weeks since the date you were released from isolation and you test positive to COVID-19 on a rapid antigen test (RAT), you should 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**.