

## ***Self Isolation Guidelines*** **for Travellers coming to or returning to NSW from an overseas destination**

These Guidelines apply to any person affected by the Order issued by the Minister for Health and Medical Research on 16 March 2020, under section 7 of the Public Health Act 2010

### **Travel on arrival**

If you are currently well you can travel directly to your home or hotel by public transport, taxi or ride-share, or continue with onward domestic flights. People with respiratory symptoms are required to report their illness to Biosecurity Officers at international ports of entry, including international airports and seaports.

Remember that you should wear a surgical mask while travelling to your home or hotel.

Once you get to your home or hotel you must restrict activities outside your home/hotel, except for seeking medical care. You should not go to work, school/university/childcare, the gym, or public areas, and you should not use public transport, taxis, or ride-sharing services.

If you need to seek medical care call ahead, and wear a surgical mask when attending.

If you are returning to your home interstate or your final destination is in another state or territory you should comply with these guidelines for your travel and contact health authorities in that state or territory for further guidance

### **Monitoring for symptoms**

When in home isolation, you should monitor yourself for symptoms. You should watch for:

- fever
- cough
- shortness of breath (difficulty breathing)
- other early symptoms to watch for are chills, body aches, sore throat, headache and runny nose, muscle pain, or diarrhoea.
- If you or someone else in home isolation develops severe symptoms and it is a medical emergency (e.g. shortness of breath at rest or difficulty breathing) you should phone 000. Tell the ambulance staff that you are in home isolation for COVID-19.

If the symptoms are less serious you should call healthdirect on 1800 022 222. If you need to see your doctor, you can visit your local doctor after calling ahead, or visit your local Emergency Department directly. When you arrive, immediately tell staff where you have travelled.

You should travel directly to see your doctor or emergency department and wear a surgical mask.

If you develop symptoms, you should also wear a surgical mask while in the presence of other household members, even if they are also in home isolation.

## **Separate yourself from the other people in your home**

If you are sharing your home with others, as much as possible, you should:

- remain separated from others
- wear a surgical mask when you are in the same room as another person
- use a separate bathroom, if available
- avoid shared or communal areas and wear a surgical mask when moving through these areas.

Make sure that you do not share a room with people who are at risk of severe disease, such as elderly people and those who have heart, lung or kidney conditions, or diabetes.

People who do not have an essential need to be in the home should not visit while you are in isolation.

## **Wash your hands**

You should wash your hands often and thoroughly with soap and water for 20 seconds, especially:

- before entering an area used by other people
- after using the bathroom
- after coughing or sneezing
- before putting on and after removing face masks.

Alternatively, you can use an alcohol-based hand sanitiser if your hands are not visibly dirty.

## **Wear your mask properly**

Make sure your surgical mask covers your nose and mouth at all times, and avoid touching your mask unnecessarily.

## **It's OK to go into the garden**

You can go into your private garden or courtyard. Wear a surgical mask if there is anyone there who is not also in home isolation. If you live in an apartment you can go onto your private balcony if you have one. You can go into common garden areas while wearing a surgical mask. Please go quickly through any common areas on the way there.

## **Tips for you and your family to help cope with home isolation**

Being in home isolation can be frightening, particularly for young children. We've put together some tips for coping.

Talk to the other members of the family about COVID-19 to reduce anxiety. You can find accurate, up to date information on the NSW Health COVID-19 Website - <https://www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx>.

Reassure young children using age-appropriate language.

Keep up a normal daily routine as much as possible.

Arrange with your employer to work from home, if possible

Ask your child's school to supply lesson information and homework by email

Think about how you have coped with difficult situations in the past and reassure yourself that you will cope with this situation too. Remember that isolation won't last for long.

Keep in touch with family members and friends via telephone, email or social media.

### **Exercise regularly at home**

Options could include exercise DVDs, dancing, floor exercises, yoga, walking around the backyard or using home exercise equipment, such as a stationary bicycle, if you have it. Exercise is a proven treatment for stress and depression.

### **Obtaining food and other essential supplies**

You should not leave your home or hotel to shop for food and other supplies.

Ask your family, friends or other members of the household to pick up your groceries and medicines for you.

If this is not possible, you may be able to order groceries and medicines (including prescription medicines) online or by telephone.

If you still need help with obtaining food and essential supplies help is available through state services. Call the National Coronavirus Health Information line on 1800 020 080 and mention you are in home isolation and they can refer you to the most appropriate service.

### **More information and support**

For more information and support while in home isolation:

Call the National Coronavirus Health Information line on 1800 020 080.

Visit the NSW Health COVID-19 Website

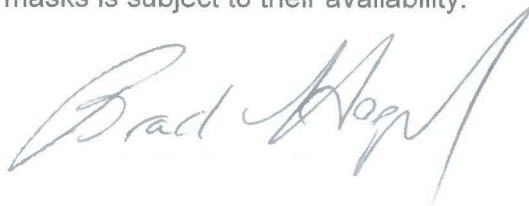
<https://www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx>

Note that advice in relation to the use of surgical masks is subject to their availability.



Issued by: Kerry Chant  
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NSW Health

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