INFORMATION ON
HOME ISOLATION
For COVID-19

Symptoms of COVID-19

- **shortness of breath**
- **fatigue**
- **sore throat**
- **cough**
- **fever**
- **runny nose**
- **vomiting or nausea**
- **diarrhoea**
- **loss of taste**
- **loss of smell**

If you have one or more of these symptoms, get tested immediately.

What is home isolation?

Home isolation is when you or a family member has been told to stay inside your home because someone has been diagnosed with COVID-19, or when you are waiting on results of a COVID-19 test. Home quarantine is when you may have been exposed to someone with COVID-19 in the community but you are well.

If you have been told to isolate at home, you must stay within your property. If you leave for anything but a permitted reason, you can be fined.

You can't leave your house except for an emergency. You are allowed to leave if you need immediate medical attention, or to escape danger, for example, escaping harm related to domestic and family violence or accessing a family violence support service.

You can also leave your home to get tested for COVID-19 or in some circumstances to get a COVID-19 vaccination.

Can I have visitors?

You shouldn't allow anyone into your home while you are isolating or quarantining. This could spread the virus beyond your house.

If you need to accept deliveries, you should advise the delivery person that you are isolating. They should drop your delivery a short distance away from your door.

QAIHC
Queensland Aboriginal and Islander Health Council

If you are experiencing symptoms of COVID-19 call **13HEALTH (13 43 25 84)** or your local Community Controlled Health Service.
For more information about the COVID-19 vaccine visit **www.makethechoice.com.au**.

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How do I isolate when I don't live alone?

Even if you don't have symptoms from the virus, you can still infect other people with COVID-19, who might get very sick. That is why you should isolate yourself from other people in your home until you get a negative COVID-19 test.

This may be hard but you need to do your best to keep away from other people in your home. Especially if you have Elders or people with chronic conditions living with you. It may be safest to find alternative sleeping arrangements for other members of your household while you are isolating. If your house has a lot of family members, especially older family members, it may not be possible to safely isolate with them in the home. Try speak to your extended family or friends and see if they are able to house your vulnerable family members.

Here are some tips to minimise the spread of COVID-19 between household members:

- Wash your hands often with soap and water.
- Try not to share a room with anyone and avoid shaking hands or hugging.
- When moving about your house, always wear a mask.
- Avoid common areas, like the kitchen as much as possible. If you need to use them, wait until nobody else is in the room.
- Use a separate bathroom if you can. Or keep your toiletries and towels in a separate location.
- Wipe down surfaces you have used with disinfectant.
- Open some windows. Keeping fresh air flowing helps stop the virus from circulating inside.

How do I take care of someone in isolation?

If you care for a person who has COVID-19 and is in isolation, you need to minimise the risk to you and other family members. As a carer you need to think about:

- Wearing a mask and gloves when you are in the room of the isolating person. If they can, they should also put on a mask.
- If you need to wash clothing or bedding of an infected person, wash it in hot water.
- Wipe down high use surfaces with disinfectant at least once per day. For example: doorknobs, taps and light switches.

How do I look after myself?

Not yarning with mob or seeing friends isn't good for people who are isolating. Try to keep in touch with people, and don't be afraid to ask family and friends to check in on you.

- If you are taking care of an isolating child, try to keep to a normal routine. Talk to your kid's school about how they can support home schooling.
- Take note of how you feel both emotionally and physically. If you think you are getting worse, call your local Aboriginal and Torres Strait Islander Community Controlled Health Service.
- If you need spiritual or cultural guidance, speak to an Elder or member of your faith or ask them to check in on you.
- Do some exercise or get outside (in your yard or on your balcony) every day.

Make a plan now

Start thinking about how you will handle a COVID-19 isolation in your home.

Do you need to make arrangements with your extended family for people to temporarily stay with them? Do you have enough food and drink? How will you pay your rent and bills? Use QAIHC's **COVID-19 Readiness Family Plan** (available from your local Community Controlled clinic) to make a plan for when COVID-19 comes to your community.

In case of an emergency

If you feel very sick or your symptoms are getting worse call 000 immediately.

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