



## Coronavirus (COVID-19)

# How to self-isolate

### You must self-isolate if:

- You have COVID-19
- You are a close contact of someone with COVID-19
- You are a returned traveller
- You have been tested for COVID-19 and are awaiting results

### Monitor symptoms

If your symptoms become serious (e.g. shortness of breath at rest or difficulty breathing), you should call Triple Zero (000). Tell the ambulance staff you have been tested for COVID-19. If your symptoms become worse, but are not serious, contact your doctor or your local public health unit.

### Stay in your home

You must stay at your home or hotel. You cannot go to work, school, childcare, university, recreation facilities, or public areas, go shopping or have visitors.

You can go into your private garden or courtyard or onto your private balcony if you have one.

Note: You can leave your home to seek medical care or because of an emergency.

### What you should do if you live with other people

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

As much as possible:

- remain separated from others. Stay 1.5 metres apart

- wear a surgical mask when you are in the same room as another person (even if they are also in isolation). Make sure the mask covers your nose and mouth at all times
- use a separate bathroom, if available
- avoid shared spaces, like the kitchen or living areas
- don't share a room with people who are at risk of severe disease.

### Avoid sharing household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water or use a dishwasher/washing machine.

### Cover coughs and sneezes

You should cover your mouth and nose with a tissue when you cough or sneeze, or cough or sneeze into your sleeve or elbow.

### Wash your hands

You should wash your hands often and thoroughly with soap and water for at least 20 seconds. You can use an alcohol-based hand sanitiser if your hands are not visibly dirty. Ensure you wash your hands or use a hand sanitiser:

- before entering an area where there are other people
- before touching things used by other people
- after using the bathroom
- after coughing or sneezing
- before putting on, and after removing, gloves and masks.

**For more information, visit**  
[www.health.nsw.gov.au/coronavirus](http://www.health.nsw.gov.au/coronavirus)