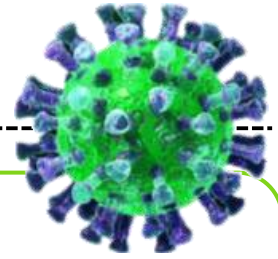27-02-20

COVID-19 Quarantine Fact Sheet

Quarantine

Quarantine is for people who are **currently well (no symptoms)** but at risk of having been in contact with COVID-19 in the last 14 days.

Why is quarantine important?

COVID-19 can cause <u>serious illness</u> in some people. Quarantine helps to slow COVID-19 spread by preventing people who may be about to become unwell from spreading COVID-19 when their symptoms are subtle.

How is this different to Isolation?

Isolation is for people **sick** with COVID-19 or awaiting who are awaiting test results. They are potentially infectious.

What do I need to do?

- <u>STAY HOME</u>, <u>DON'T GO OUT</u> unless you need to seek medical attention, then call ahead.
- No home visits from family or friends
- No visiting: work, school, childcare, university, shops, restaurants or other public spaces
- Follow the tips for preventing spread.

Feel unwell or develop a symptom?

It's time to seek medical attention and isolate yourself.

If your symptoms are serious call 000.

Otherwise, travel by personal transport (e.g. your car), but phone ahead.

If someone is driving you: avoid contact with your driver, wear a surgical mask, cover coughs/sneezes with your elbow and use a hand sanitiser immediately afterward.

If your presentation fits, you will become a suspected case meaning we will test you for COVID-19 and support you in managing the illness either in home-isolation or in hospital.

COVID-19 Facts

COVID-19 is caused by infection with a new (novel) species of coronavirus, called SARS-CoV2.

SYMPTOMS

COVID-19 causes a respiratory infection. In many people this is mild but, in some people, it can cause pneumonia that can be life-threatening.

Symptoms include:

- **Fever & chills**
- **Cough**
- **Shortness of breath**
- **Body aches & muscle pain**
- **Sore throat**
- **Runny nose**

Preventing the spread

Like during flu season, it's important to:

- **Wash your hands** frequently with soap and water – especially before and after eating and after using the bathroom
- **Cover coughs and sneezes** with a tissue or your elbow/upper arm. Don't keep dirty tissues and use an alcohol-based hand sanitiser.
- **Avoid contact with unwell people** (no touching, kissing, etc.)
- **Social distancing:** where possible stay more than 1 m away from people
- **Clean phones/devices** that touch your face

P.T.O. →

For more information, contact TPHU, on 4433 6900

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...COVID-19: Quarantine fact sheet

What if I have a sick person living with me who is in home-isolation?

You need to try and prevent further exposure to COVID-19.

- Stay in a separate room and use a separate bathroom from the unwell person (a shared bathroom requires more cleaning and mask-wearing).
- Wipe down surfaces in shared areas daily
- Wear a mask if you need to interact with the unwell person or enter their room
- Avoid touching, kissing or other contact with the unwell people in your home.
- Regularly wash your hands with soap and water – especially before and after eating and after using the bathroom

Living with a well person who is not under quarantine

- While you remain well, you can be in contact with them and they can come and go as they please.
- If you become unwell, they become a close contact and would be quarantined.

IMPORTANT:

If you become EXTREMELY unwell

PLEASE CALL 000 IMMEDIATELY

and discuss your current circumstances.

For General Advice and Further Information:

- Townsville Public Health Unit (TPHU): 4433 6900

- 13HEALTH (24/7): 13 43 25 84
  https://www.qld.gov.au/health/contacts/advice/13health

- LIFELINE (24/7): 13 11 14
  https://www.lifeline.org.au/about-lifeline/contact-us

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