**Positive test Information Pack**

**Self-quarantine — coronavirus (COVID-19)**

Self-quarantine means staying in your home, hotel room or provided accommodation, and not leaving for the period you are required to quarantine. Only people who usually live in the household should be in the home. Do not allow visitors into the home.

If you are in quarantine, or if you are not and you have been overseas, interstate or in a COVID-19 hotspot in the last 14 days, and are feeling unwell, contact your doctor immediately. Call ahead to your GP and tell them your symptoms so they can prepare for your visit.

If you are suspected or confirmed to have COVID-19, you will be asked to self-isolate unless you are sick enough to need treatment in a hospital.

**What's the difference between self-quarantine and self-isolation?**

While both will limit your movements, self-quarantine is what people are required to do in case they have come in contact with a confirmed case. Self-isolation is the term used when asking people who are suspected or confirmed to have COVID-19 to stay in their home or in hospital until they are no longer infectious.

**As much as possible, you should:**

Stay in a room away from others, sleep in a separate bedroom, use a separate bathroom Also, don't allow visitors into the home. Wash your hands often, and keep 1.5 metres away from other people as much as you can – think two big steps. If you usually live with vulnerable people, like those over the age of 65 with chronic disease, they should stay somewhere else if they can, until you finish self-quarantine.

Queenslanders who require health advice or information while in quarantine or self-isolation should continue to call **13 HEALTH (13 43 25 84)** or visit the Queensland Health website. Staff at 13 HEALTH can connect people through to a local public health unit and other health support services.

**COVID-19 cleaning, disinfection and waste recommendations**

This fact sheet provides recommendations for cleaning, disinfection and removal of waste from the environment where people suspected or confirmed to have COVID-19 infection may have been.

**Recommended cleaning process**

Gather the items needed for cleaning before entering the area and cleaning begins. This may include the following:

* personal protective equipment (PPE)
* cleaning equipment and solutions
* rubbish waste bag
* alcohol-based hand rub (containing at least 60% alcohol).
* Personal protective equipment recommendations

People entering the room and the person with suspected or confirmed COVID-19 should wear a surgical mask if the person with COVID-19 remains in the room while the cleaning is done.

People should use the following process to safely put on the recommended personal protective equipment before entering the area:

Clean your hands. This can be done with either liquid soap and running water or alcohol- based hand rub. Put on a disposable apron. Fasten the back of the apron at the neck and waist. If the person with suspected or confirmed COVID-19 is in the area to be cleaned put on a surgical mask. Secure the ties of the mask at the middle of the head and neck. Fit the flexible band to nose bridge and ensure mask is fitted snug to face and below the chin. Do not touch or adjust the mask until you are ready to remove the mask. Put on protective eyewear to protect your eyes from the cleaning fluids. Put on disposable latex or vinyl gloves. The purpose of personal protective equipment is to reduce the risk of direct contact with contaminated surfaces.

**If you would like any further information, please visit:**

<https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/industry-and-businesses/resources-and-fact-sheets-for-industry/covid-19-cleaning-and-disinfection-recommendations>

<https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/protect-yourself-others/self-quarantine>

<https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/industry-and-businesses/resources-and-fact-sheets-for-industry/routine-household-cleaning>

**If you require any further appointments for non-respiratory related matters, please phone your usual GP and request a telehealth appointments while you are self-isolated.**

