



Returning to your community

People who have been required to be in home isolation or quarantined and have completed their 14 day period without showing signs or symptoms of being unwell, are permitted to return to their daily activities including going to work, school, university, attending public places and using public transport.

At this time, the Australian Government believes the risk to the Australian community from coronavirus disease (COVID-19) is low. However, you are encouraged to continue good hygiene practices to help stay free of illness. Please follow the advice outlined below.

The Australian Government continues to take every precaution to ensure the safety of the community surrounding the coronavirus outbreak. Find out about these measures on [health.gov.au](https://www.health.gov.au).

What should I do if I become unwell after leaving isolation or quarantine?

While COVID-19 is of concern, it is important to remember that most people displaying symptoms such as fever, cough, sore throat and tiredness are much more likely to be suffering from a cold or other respiratory illness – not COVID-19.

However, as a precaution, if you do develop these symptoms soon after leaving isolation, you are encouraged to see your usual doctor. Your doctor will be able to advise you on what steps you should take to get better and may test you for a number of respiratory infections including coronavirus, if medically necessary.

How can we help prevent the spread of COVID-19?

Practising good hand and sneeze/cough hygiene is the best defence against most viruses. All Australians should:

- wash hands frequently with soap and water or use alcohol-based hand rub, before and after eating, and after going to the toilet,
- cover your mouth and nose when coughing and sneezing, dispose of tissues, and use alcohol-based hand rub,
- and if unwell, avoid contact with others (touching, kissing, hugging, and other intimate contact).

Support services

Home isolation or quarantine periods can be stressful and may leave you feeling concerned. There are a range of support services available, including talking to a councillor or other mental health professional.

Head to Health – www.headtohealth.gov.au

Head to Health provides links to trusted Australian mental health online and phone supports, resources and treatment options. This useful website also has online programs and forums, as well as a range of digital information resources.

Using the search page, you can navigate to various resources and services for help if you're experiencing mental health concerns, or trying to support someone else. If you're not sure where to start, you can also use Sam the Chatbot. Sam provides tailored recommendations on information and services that best suit your needs.

Some of the support services available are listed below:

Support services		
Lifeline	13 11 14	lifeline.org.au
Beyond Blue	1300 224 636	beyondblue.org.au/forums
MensLine Australia	1300 789 978	mensline.org.au
Kids Helpline	1800 551 800	kidshelpline.com.au
headspace	1800 650 890	headspace.org.au
ReachOut	au.reachout.com	
Life in Mind	lifeinmindaustralia.com.au	
SANE forums	saneforums.org	

More information

For the latest advice, information and resources, go to www.health.gov.au

Call the National Coronavirus Health Information Line on 1800 020 080. It operates 24 hours a day, seven days a week. If you require translating or interpreting services, call 131 450.

The phone number of each state or territory public health agency is available at www.health.gov.au/state-territory-contacts

If you have concerns about your health, speak to a doctor.