



Isolation instructions for people awaiting test results or people in quarantine who are symptomatic

On 5 December 2020, the Quarantine and Isolation (Undiagnosed) Directions (No 2) came into effect. These directions require a person to isolate if the person:

- is tested for COVID-19 and they are awaiting their test result; or
- develops symptoms of COVID-19 while subject to a requirement to quarantine.

This is important to protect your family, friends and the Western Australian community.

This fact sheet presents a summary only of the obligations arising under the directions. The signed directions are available at <https://www.wa.gov.au>.

Isolation after developing symptoms of COVID-19 in quarantine

If you are required to quarantine because you have been given a direction or instruction to quarantine, AND you develop one of more of the following symptoms:

- a fever ($\geq 37.5^{\circ}\text{C}$);
- a recent history of fever (e.g. sweats at night, whole body chills);
- loss of smell or loss of taste; or
- acute respiratory infection (e.g. cough, shortness of breath, sore throat, runny nose),

you must isolate until you are told that you are no longer required to isolate.

Isolation after testing

If you are tested for COVID-19, you must isolate until you receive your test result, or you are told you do not have to isolate.

Isolation requirements

- If you are not already in your home or accommodation, you **must** immediately go to your home or accommodation in the manner directed or instructed or otherwise by the most direct route available and without stopping except as required by law or necessary for fuel.
- You **must not** leave your home or accommodation except to escape an immediate threat, to get urgent medical treatment at a hospital or to comply with a direction given by a relevant officer. If you require urgent medical attention, you should let the ambulance or hospital know that you have been tested for COVID-19 and are in isolation. If you leave to escape an immediate threat, you must inform the police on 131 444 as soon as possible.
- You **must not** have any visitors unless the person is a usual member of your household, is attending your home or accommodation for medical or emergency purposes or to perform critical maintenance or is a relevant officer.

If your test result is positive, then you will need to continue to isolate. You will be contacted by a member of the Public Health team with further information on this.

Frequently Asked Questions

I live with other people, how do I isolate?

- Stay in your own room if possible.
- Use a separate bathroom, if you can.
- Stay at least 1.5 metres away from others. Minimise close contact with others in your house.
- Wear a face mask, if available, when you are in the room with another person.
- Cover your mouth and nose when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow. Place used tissues in the bin.
- Wash your hands often and thoroughly with soap and water or alcohol rub for at least 20 seconds each time.
- Clean your house/accommodation frequently with a disinfectant based cleaning product, especially things that people touch often e.g. phone, light switches, the TV remote control, door handles and communal areas.
- Do not share household items with other persons. Wash cups, dishes or cutlery after use, or put them in the dishwasher.

Can my housemates/family/children live with me? Can they go shopping, to work or to school?

- If they normally live there, they can still live with you. They can continue their daily activities as normal unless directed otherwise.

Can I have visitors?

The only visitors you can have are:

- people entering for medical or emergency purposes;
- people entering to perform critical maintenance;
- relevant officers.

Can I go outside?

You can only go outside if:

- you have a garden, courtyard or balcony attached to your house or accommodation that is not shared with other households;
- you need to seek urgent medical treatment for yourself or someone who you live with; or
- you need to escape a threat to your safety or the safety of someone who you live with. If this happens make sure you let WA Police know on 131 444.

You must not go to the shops, walk the dog or undertake exercise in a public or communal place.

Can I go to work?

- You cannot leave your home or accommodation to go to work.

When does my isolation end?

- If you are isolating following testing for COVID-19:
 - you will receive your result via SMS within 72 hours if you were tested at a WA Department of Health COVID clinic. If you have not received it within 72 hours, please contact the Results Hotline 1800 313 223 between 8am to 4pm Monday to Friday; or

health.wa.gov.au

- your requesting doctor is responsible for providing you with your result if you were not tested at a WA Department of Health COVID clinic.
- If your result is negative but you still feel unwell, you should remain at your home or accommodation until your symptoms have resolved.
- You may need to continue to quarantine at your home or accommodation if you have been instructed or directed to do so, even if a test result is negative.
- If your result is positive for COVID-19, you will be contacted by a member of the Public Health team.

What to do if you become unwell while you are in isolation

- If you require urgent, immediate medical help at a hospital (e.g. difficulty breathing), you are permitted to leave your home. Call 000 and let them know you are isolating due to COVID-19.
 - It is recommended that you call WAPOL on 131 444 to inform them that you are in isolation and need to leave to attend hospital.
- If you are not travelling by ambulance to hospital it is recommended that you:
 - call WAPOL on 131 444 to inform them that you are in isolation and are required to leave to attend hospital;
 - call the hospital before you arrive to inform them you are in isolation and inform hospital staff immediately on arrival;
 - maintain a distance of 1.5 metres from others, practise good hand hygiene and cough etiquette;
 - you may travel by private vehicle, taxi, or rideshare service but must not use public transport such as a bus or train; and
 - wear a face mask from the time you leave the place where you are in isolation, until you return to that place.

Implications for people who do not comply with the requirement to self-quarantine

The WA government takes the health and wellbeing of the community very seriously. Directions under the Emergency Management Act 2005 have been issued which must be followed. A person who does not comply with the directions is subject to a fine of up to \$50,000 for individuals and \$250,000 for bodies corporate.

More information

- [Assistance for people in quarantine or isolation](#)
- 13 COVID (132 6843) is open 7 days a week, 8am to 6pm
- www.health.wa.gov.au/coronavirus
- www.healthywa.wa.gov.au/coronavirus
- www.who.int/health-topics/coronavirus

Last updated 16 February 2021. This document can be made available in alternative formats on request for a person with disability.

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